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Allbutt, Henry Arthur.

The wife's  
hand book. 7th ed.  
London, 1888.



DEFENCE EDITION.

THE  
WIFE'S HANDBOOK:

HOW A WOMAN SHOULD ORDER HERSELF DURING  
Pregnancy, in the Lying-in Room, and after Delivery.

WITH HINTS ON THE

Management of the Baby,

AND ON OTHER MATTERS OF IMPORTANCE, NECESSARY TO BE KNOWN  
BY MARRIED WOMEN.

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SEVENTH EDITION.

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BY

H. ARTHUR ALLBUTT, M.R.C.P.E., L.S.A.

Physician to the Institution for Skin Diseases, Leeds;  
Hon. Consulting Physician, Public Skin Hospital, Sheffield;  
Laureate (Silver Medal and Diploma of Honour) Free Institute of Dosimetric  
Medicine, Paris;  
Hon. Life Member Society of Dosimetric Medicine, London.  
Corresponding Member Society of Medicine, Athens;  
Corresponding Member Society of Commercial Geography of Oporto;  
Member Wilian Society, London;  
Secretary Medical Branch Malthusian League; etc.

LONDON:

R. FORDER, 28, STONECUTTER STREET, E.C.

1888.

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# AN APPEAL.

DEAR FRIENDS,—For the last ten months I have been persecuted, firstly by the Royal College of Physicians of Edinburgh, and secondly by the General Medical Council of Great Britain. The attack made by the College came to nothing, as much public opinion was brought to bear in my favor on the Fellows of the College. The attack made by the General Medical Council, sitting at 299, Oxford Street, London, terminated on November 25th, and I had the sentence passed upon me by the Council (who voted in secret) that my name be erased from the Medical Register, and that I be "judged guilty of infamous (!) conduct in a professional respect" for having published and publicly sold "*The Wife's Handbook*" *at too low a price*.

Against this cruel and unjust sentence I propose to appeal in the Law Courts. I intend, if there is justice, to obtain a reversal of a sentence which not only casts a slur on my name, but is a direct insult to the intelligence of every working man and woman in the country.

"*The Wife's Handbook*" has never been attacked in any court of law, and I deny the right of thirty-two medical gentlemen to stigmatise the book as "indecent," "immoral," "unprofessional," &c, simply because it is *so low in price*.

The truth is this—the heads of the medical profession in England are opposed to cheap medical knowledge for the people. They like to keep the poor hard-working man and woman in ignorance of certain important facts. They do not like a poor married woman to know the means by which she can keep from the workhouse by having only as many children as she can bring up in comfort. Knowledge may be all right for the rich lady who can afford to buy a guinea medical book and pay a big fee to a doctor, but it is an offence of an infamous character for a physician to write and sell a book at sixpence showing the poor how to better their hard lot.

It is for you, dear friends, I wrote the little "*Wife's Handbook*." I wanted the poor wife to understand many of those private matters so necessary for her well-being. I desired she should have good health, common sense, comfort, and true happiness. I wished her children to be healthy, upright, and moral. I wanted her husband to find in her all the characteristics of a really good wife. I inculcated temperance, purity and self-reliance.

For trying to do my duty to my married countrywomen I have been branded as "infamous." I have been excommunicated from medical society, and have been put to enormous expense. My book has been pronounced by clergymen, leading physicians, philanthropists, and by many public newspapers, as highly moral and as a great boon to the working classes. I would therefore ask every reader of "*The Wife's Handbook*" to help me in my fight against bigotry, ignorance and injustice. I ask them to help me to remove the slur cast by the General Medical Council on the virtue of the working women of this land. I appeal to them to leave no stone unturned until the right of every poor person to necessary medical knowledge has become an admitted fact, and the necessity of all married women knowing how to regulate their children to their means a highly moral—nay, even a religious duty.

This can only be done by helping me to regain my rights. I have fought the battle of the working classes and have lost. I now require victory. The cost of appeal, and may be application to Parliament, will probably be £300. If each of you will send a small sum, only as much as you can afford, you will enable me to emerge from this conflict I trust victorious. Each of you I ask, in the name of justice and humanity, to contribute what you can at once. Even a few pence from every one will vastly help.

Contributions can be sent to me at 24, Park Square, Leeds; or to W. H. Reynolds, Esq., Clapham House, New Cross, London, S.E.

I am, dear friends, yours sincerely,

H. A. ALLBUTT, M.B.C.P.E., L.S.A. Lond.

24, Park Square, Leeds, Jan. 23rd, 1888.

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# Introduction.

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To save the lives and preserve the health of thousands of women, to rescue from death and disease children who may be born, to teach the young wife how to order her health during the most important period of her life, to remove from her mind the popular ignorance in which she may have been reared, and to enable her to learn truths concerning her duties as wife and mother, I have thought fit to write this little work.

A knowledge of health is necessary to every man and woman; but how much more so to the young wife who is entering upon the anxious period in which another life is bound up with her own! To her, health—both of mind and body—is all-important; and yet how many err through ignorance of Nature and her unchanging laws, embittering their own existence during the months of pregnancy, and bringing into the world feeble and puny children, born but to suffer and die.

Ignorance of health-matters transforms the lying-in room into a chamber of suffering, and makes that which is a perfectly natural process—easy, and in most cases entirely free from danger—a proceeding painful, lengthy, and often highly dangerous.

Again, how many young wives are cut off after delivery, when fond but deluded husbands are congratulating themselves that all is going on well. Such would rarely, if ever, happen if wife, nurse and husband were always careful of the laws of health—laws which can never be broken with impunity.

The innocent babe, its father's pride and its mother's joy, the fruit of married love—ah! why should it be born in too many cases only to suffer? Pious friends will say, by way of consolation, that its sufferings and death are the "will of heaven." But, dear reader, this is not so. Heaven would never willingly afflict helpless little ones. To them life should be all joyous; each one, when lying on its mother's breast, should be a picture of perfect health. And so it would be if reason's voice had been listened to, and the laws of health carried out.

There are many women who may be fit candidates for matrimony, well qualified in every respect to share the homes and cheer the firesides of good and worthy men, but who are not fit physically to risk becoming mothers. This is a subject demanding more attention than is generally given to it by women—yes, and by husbands too: and I shall refer to it in the pages of this book in as delicate a manner as possible. Other questions also affecting the health of married women I shall treat upon more or less fully.

I am persuaded that most women are anxious to do their duty as wives and mothers. The manifold duties pertaining to these important trusts can only be performed when all the great but simple laws of health are obeyed. "Knowledge is power." To give this important knowledge is the object of this book. If, through its means, women obtain more happiness and better health at the periods of their lives when health is so essential to their comfort and well-being, I shall feel rewarded for my trouble.

This little work was undertaken at the suggestion of my friend, Mr. J. K. PAGE, of Ilford, who has always had a sympathetic heart for the sufferings of women and children, and who advised me to write a book which could be understood by most women, and at a price which would ensure it a place in even the poorest household. I have tried faithfully to produce such a work. I trust its mission among my married countrywomen may be attended with usefulness and success.

HENRY ARTHUR ALLBUTT.

24, Park Square, Leeds.—June, 1887.

## Dedication.

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TO HIS FRIEND,  
DR. C. R. DRYSDALE,  
OF  
23, SACKVILLE STREET, LONDON, W.

THIS LITTLE BOOK IS  
INSCRIBED BY  
THE AUTHOR.





# THE WIFE'S HANDBOOK.

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## CHAPTER I.

### SIGNS OF PREGNANCY.

FROM the first marriage-night no woman under forty-five years of age can consider herself *safe*. She may at any time conceive, and therefore it is necessary that she should know what are the signs of pregnancy, especially those earlier ones, an acquaintance with which may save her from much bad health.

Now, as this book is intended mainly for the wives of working men, I have no intention of burdening their minds with anything but actual and well-known signs—symptoms which will tell them that they are going to be mothers.

I shall mention the signs of pregnancy as nearly as possible in the order in which they usually appear.

These signs or symptoms may be divided into two classes—*subjective* and *objective*.

The *subjective* symptoms are those which the woman herself feels or suffers from, such as stoppage of the usual monthly flow, sickness in the morning, dribbling of the saliva from the mouth, toothache, changes in the appetite, with longings for unsuitable articles of food, and quickening. These signs a woman can best describe herself, and by them in most cases she can gain a pretty good knowledge of her condition, even before other signs appear, which proclaim to doctor and nurse that she is pregnant.

The *objective* symptoms are those which are observed or can be detected by others, such as increased largeness of the body, changes in the size and color of the breasts, milk in the breasts, the sounds of the child's heart heard when the ear is placed on the woman's abdomen or body, enlarged veins in the legs and elsewhere, a violet hue of the vaginal passage, and an

alteration in the neck and mouth of the womb ; besides other signs which can only be detected by a skilful doctor.

*The stoppage of the courses, or monthly flow*, is looked upon by most women as one of the signs of pregnancy ; and in the greater number of cases it is a reliable symptom. In some young women, newly married, a stoppage of the menses may occur for three or four monthly periods, along with swelling of the breasts and some enlargement of the body, without the presence of pregnancy. This, however, is usually the consequence of the excitement produced in the whole system by the first sexual embraces, too often excessive and hurtful. Some women have the flow for three or four months after they have conceived, and others even during the whole time of pregnancy. There are women, too, whose courses only appear when they are pregnant. I may, however, mention that these two latter cases are very rare ; and, as a rule, if a married woman notices that her menses have stopped, and there is no cause for it—such as cold—she may feel almost certain that she is entering upon the period of pregnancy, especially if she has been some months married without the stoppage taking place.

*Nausea and Vomiting*.—Some women commence to be sick four or five days after they have conceived, while others feel quite well till the end of the fourth week. I have even met with some who, during the whole time of pregnancy, are quite free from sickness and nausea. Few women, however, escape long without more or less nausea and vomiting. The vomiting, as a rule, comes on in the morning on rising from bed, and is therefore called “the morning sickness.” There is this peculiarity about it in strong, healthy women, that only mucous matters, like the unboiled white of egg, are thrown up, the food remaining in the stomach. In most cases the woman can eat her meals with relish after “the morning sickness,” and feels quite well during the rest of the day. Of course, in some cases vomiting may be so severe that no food can be retained on the stomach, and may even persist to the end of pregnancy. The nausea and vomiting, however, generally cease at the end of the twelfth week of pregnancy.

A woman, therefore, who notices that her menses have stopped, and that she has “morning sickness,” may look upon her condition with a considerable amount of suspicion.

*Discoloration of the Vaginal Passage*.—This is a very early sign of pregnancy. It is also an extremely valuable one. The skin (mucous membrane) which lines the inside of the vagina, in a non-pregnant woman, of a rosy color ; but soon after

she becomes pregnant it turns to a violet hue. With a small looking-glass and a good light a woman can, with a little management, observe this change of color herself; or, better still, her husband or a female neighbor could easily detect it by separating the lips and slightly distending the mouth of the vaginal passage, at the same time letting a good light shine upon the exposed parts. I strongly commend to a woman's attention this early and faithful sign of pregnancy. Together with this violet discoloration there is often a kind of creamy discharge into the passage from the neck of the womb.

*Salivation*—which is an excessive amount of saliva or spittle in the mouth—is sometimes present, either at one period of the pregnancy, or during the whole time. This flow may be so excessive as to dribble from the mouth in large quantities, even to the extent of a pint in twenty-four hours. Usually, however, the amount is but small.

A very important sign of pregnancy, and one which any intelligent woman can detect for herself, is that the pulse beats neither quicker nor slower when she stands, sits, or lies. In other words, change of position does not alter the rate at which the pulse beats when the woman is pregnant. If, however, there is no pregnancy, the pulse will beat more slowly when the woman is lying down than when she is standing up. The pulse can be easily counted by gently pressing with the first two fingers over the wrist, in the place where the doctor always feels for the pulse.\* By watching the hand of a clock move *one minute*, and at the same time counting the pulse-beats, the number of beats a minute will be ascertained. Then compare the number when standing with the number when reclining.

The veins on the legs often enlarge and become swollen or *varicose*. With many women this is often one of the first signs of pregnancy. Piles may also be present, and be not only troublesome but extremely painful.

*Toothache* is one of the most distressing signs of pregnancy. Some women lose one or more teeth every time conception takes place. It is not wise to have teeth drawn if there is pregnancy, as the shock to the system might bring on a miscarriage.

*Strange appetites* for unlikely articles of food will be found to affect most pregnant women.

The signs mentioned, especially if most of them occur

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\* The beat of the pulse can nearly always be detected about an inch above the root of the thumb and about half an inch from the outer side of the wrist.

together, or follow one another in more or less regular order, may almost make a woman morally sure that she is likely to become a mother.

If, however, in addition to the above, other more visible signs appear, little doubt can remain. These signs are *changes in the breasts and enlargement of the body.*

The breasts begin to swell about the second month. They feel full and tender, and often throb. Their veins fill with blood, and look as if they were knotted. The nipples become very tender. Milk can often be pressed out; and if only one drop can be got, it is a very sure sign of pregnancy. The circles round the nipples become darker in color.

The body (abdomen) does not begin to enlarge until after the end of the fourth month. Before that time the womb, sinking down, makes the body look flatter than usual. From the fifth month, the body gradually increases in size, and by the end of the ninth month the womb has almost reached the lower end of the breast-bone. As the womb rises in the body, the navel becomes pushed out more and more.

*Quickening* is a sign to which most women attach a deal of importance. They think that the movements felt in the body about the end of the fourth month are caused by the child first becoming alive or *quickened*. This, however, is only a vulgar error, as the child is alive from the moment it is conceived in the womb. It is doubtful whether the movements felt at this period are caused by the child moving in the womb. Most doctors are of opinion that the feeling called quickening is produced by the womb rising up into the body, which it mostly does at the end of the fourth month. Whatever may be the cause of the feeling, it is, however, a most valuable sign of pregnancy.

Such are the main signs which a woman should rely upon. All of them being present would make her certain of her condition. But if there should be only at first stoppage of the courses, "morning sickness," swelling of the breasts, toothache and depraved appetite, I would still advise a woman to take care of her health, and to prepare her mind to become a mother.

Later on, absolute signs appear in which no mistake can be made. Some of these signs can, however, only be detected by the doctor; and I would certainly advise every woman to speak to a medical man early, and, if she has any doubts, be examined by him; and, if he confirms her suspicions, follow his advice.

It is always the wisest plan for a woman to speak to a

medical man as soon as she suspects that she is pregnant, because if she engages him to attend her in her confinement he is then ready at hand to call in as soon as wanted. He takes, moreover, an active interest in her welfare, and advises her as to her health during the trying time of pregnancy.

I would commend the reading of this chapter to young women newly married, who are, as a rule, ignorant of all the signs which point out pregnancy, and who are too often too bashful to ask their married neighbors for information. Mothers should instruct their daughters entering upon the marriage state in all matters relating to the generative functions. But how seldom they do so, and how often are a young woman's health and happiness blighted through this foolish neglect!



## CHAPTER II.

### HOW TO KEEP THE HEALTH DURING PREGNANCY.

A WOMAN who desires a good time when she is confined, and to get up well after her confinement, and who also wants to have a fine healthy baby, should be very careful of her health during the nine months of her pregnancy.

A few simple directions as to how she is to regulate her every-day life, and how she is to treat a few of the common ailments of the pregnant state, will not therefore come amiss in this chapter.

As soon as a woman believes herself to be pregnant, she should at once begin to look after her health, and should endeavor to keep in check the various disorders which are apt to arise. Any woman with ordinary common sense need feel no difficulty in doctoring herself for simple troubles. Of course, if anything takes place which alarms her, and which she finds she cannot with confidence attend to herself, then she should call in the doctor and get his advice. But as pregnancy is a perfectly natural condition, no woman of proper formation need fear anything going wrong if she only takes care of herself.

Diet, clothing, rest, fresh air and attention to the bowels are the things mostly to be attended to.

*Diet.*—First of all, I must say that every kind of alcoholic stimulant must be avoided. By this I mean that no woman who values her own health and that of her unborn child

should touch wine, beer, porter, or spirits. All these are highly injurious. A pregnant woman should be a rigid teetotaler, and under no circumstances take alcohol in any form.

Her food should be plain, but nourishing. It should consist of a little roasted butcher's meat once a day, at dinner time, with plenty of cooked vegetables. Neither pork nor veal are good. No pickles or highly-seasoned dishes should be taken. Plenty of salt with the meat and vegetables is good for the blood. Sago or rice-pudding, made with milk, or stewed fruit with bread, may form with advantage a portion of each day's dinner. A good well-boiled suet-pudding, when it is light, is very nourishing, and may take the place of meat. Fish—steamed, not fried—will strengthen the nervous system, and will also help the growth of the babe in the womb. Tea and coffee should never be drunk at dinner, as they both prevent the proper digestion of any meat which has been taken. Water is the best and most wholesome drink at dinner-time. The water should be filtered if possible. In homes where fresh meat every day is a consideration, a penny packet of Edwards' Desiccated Soup will make a basin of rich, nourishing, and delicious meat and vegetable broth. It can be obtained at every grocer's.

Breakfast and tea should consist of tea, coffee or cocoa, plain bread-and-butter, and perhaps a lightly-boiled egg. A bit of fried bacon to breakfast sometimes gives a relish to the meal. Here let me warn my readers that no woman can be healthy who takes a large quantity either of tea or coffee. One cup of either, half milk, should suffice at the first and last meal. Cocoa is by far the best morning and evening drink for a pregnant woman. Made with milk it is very nourishing. I would advise one of the more soluble preparations of Cocoa. They are usually pure, and contain cocoa without adulteration.

Bread must be old. If new it does harm to the digestion. Real wheat-meal bread is the best for a pregnant woman. It keeps the bowels in order, and gives more strength both to the nerves and blood, besides assisting in the growth of the child. Cheese had better be avoided.

Heavy suppers are bad. A cup of cocoa, with dry bread, or boiled milk and bread, or oatmeal gruel, will make the best meal for the end of the day.

Plenty of good milk, where it can be obtained, should be taken. Ripe fruit, raw or cooked, may be eaten with advantage.

For a good wholesome breakfast I know nothing better than a plate of well-cooked oatmeal or wheat-meal porridge. Both oats and wheat require to be cooked at least two hours before

becoming digestible. To get over this difficulty I would recommend what are called the American "A B C Cereals" (White Wheat and Oats). The wheat and oats have been partly cooked before being packed; and therefore only about twenty minutes' further cooking is required to make delicious and digestible porridge. These Cereals can be obtained in 2lb. packets at most grocers', at a cost of tenpence; or a much cheaper dish can be obtained by placing in a stew-jar, in a moderately-heated oven over night, some of F. W. Smith & Co.'s cracked wheat. A little practice as to proportions of wheat and water to be used will enable one to turn out a nourishing breakfast plate of delicious porridge. A woman making her morning meal of porridge and milk will rarely ail much during her pregnancy. Wheat-meal is best for those women having little exercise; oatmeal for those who have much. Pastry must be avoided.

*Clothing.*—This is extremely important. The pregnant woman should wear flannel (all wool) underclothing. The sleeves of the under-vest should be made to reach to the wrists. The legs of the drawers should reach well below the knees. It is best to keep the stockings up by means of stocking-suspenders. Any woman, with a little contrivance, can make a good pair of such suspenders. The reason why all-wool underclothing is recommended is to guard the system against sudden changes of heat and cold. There is less liability to catch cold when wool is worn next the skin, and so congestions and inflammations are more readily avoided. The skin, too, is stimulated, and the blood circulates more freely on the surface of the body. A sudden chill is not so likely to drive the blood to some of the inside organs of the body, thus causing many serious disorders.

Stays should not be worn, especially during the later months of pregnancy: they interfere with free circulation and breathing.

When a woman is advanced above five months in pregnancy she should wear an abdominal or body bandage, in order to give support to the body and to prevent the womb from falling too far forward. One made of flannel, or, better still, of stocking-ette material, so as to have a certain amount of elasticity in it, will do the best. It should be made to lace behind. For those who can afford it, one of Teufel's Patent Universal Abdominal Belts should be obtained. This belt gives support without pressure, and is extremely comfortable. It is a great boon to every pregnant woman who can obtain one. These belts vary in price from 12/- to £1, and can be obtained from Dr. Jaeger's Sanitary Woollen System Co., Limited, 41, 42, &

43, Fore Street, London, E.C., and from the agents in most towns. I can also strongly recommend Mrs. Hambly's "Perfection" Adjustable Binder, to be obtained from H. Hodder, Chemist, Bristol, price 16/6, carriage paid. This binder has certain advantages possessed by no other belt. It fits any figure, either slight or full; when put on cannot get out of place; gives great support and is very comfortable; is cool to wear, and does not confine the body. It is one of the best belts to wear after confinements, as the pressure can be regulated. There are also a variety of other belts made, and sold at the surgical instrument shops in most towns.

The outer clothing should be loose, so as to give freedom of movement. The best upper garment is a knitted Cardigan jacket. Whatever may be worn, however, I would advise that all clothing be as far as possible of woollen material.

*Exercise and Rest.*—A healthy woman should not neglect her household duties on account of pregnancy. The active employment of both body and mind is needful in order to keep well.

Lifting of weights or pushing about of heavy things should not be indulged in, for fear of bringing on a miscarriage, or forcing labor before its time.

Regular out-door exercise is very beneficial. Every woman, if possible, should try and get at least an hour's walk in the fresh air every day.

In the middle of the day, after dinner, a couple of hours' rest, either on the sofa or in bed, should be obtained, if the necessities of life permit. Early to bed, and eight or nine hours' rest should be taken every night.

Fresh air, without draughts, must be maintained in the sleeping-room. The fire-place must not be closed. A current of air should be allowed to flow between the bed-room door and the chimney, the bed, of course, being placed in a part of the room where no cold air can blow upon it. A very good and cheap ventilator can be fixed in a few minutes in any bedroom. It is made thus: A piece of board, the length of the window-sash, and about three inches broad, is placed at the bottom of the frame, so as to fit in tightly. The sash is then shut down on to the board. This leaves a space between the lower and upper window-sashes. Fresh air enters the room through this space, and flows upward, and the air of the room is renewed without a draught being felt.

No gas or paraffin lamp must be burnt during the night in the bed-room. Both tend to make the air very impure. If the weather is cold or damp a small fire may be of service.



A fire also promotes the circulation of air. See, however, that the chimney does not smoke.

Unless a pregnant woman has plenty of fresh air to breathe, her blood will become impure, and she will suffer from bad health, and her baby, before it is even born, will suffer too.

*Attention to the Bowels.*—The bowels must never be allowed to get costive, because if they do, and remain so, the woman will have a much harder time when labor comes on. Costive bowels also cause many other troubles.

If a woman is naturally costive I would advise her to try and regulate the bowels as much as possible by diet—plenty of porridge, plenty of wheat-meal bread, and stewed fruits. If, however, diet will not answer the purpose, simple medicines should be taken when required. One of the best medicines is the compound liquorice powder, of which a teaspoonful should be taken at bed-time in a cup of cold water. A couple of table-spoonfuls of olive oil answers often very well taken at bed-time. Olive oil is safer than castor oil, and does not irritate the bowels in the same way as the latter. Ordinary Epsom salts I do not recommend. For those who can afford an outlay of half-a-crown, I know of no safer and milder aperient to take during pregnancy than the magnesian preparation—Chanteaud Seidlitz. This can now be obtained of most chemists. One or two tea-spoonfuls should be taken every morning, fasting, in half a tumblerful of cold water. The continuous use of this preparation during pregnancy will nearly always keep the bowels regular, and purify the blood. A bottle lasts three or four weeks, even when taken daily. Figs, dates, raisins, and ripe apples may be eaten with advantage to the bowels. If the bowels should remain very costive, an injection of soap and water, with about an ounce of olive oil in it, might be used two or three times a week, or even oftener. Such an injection should be given first thing in the morning. A Higginson's Enema Syringe should be in every house. A woman can give herself an injection in the bowels with a little practice.

It may be well to mention here a few of the disorders which women are apt to suffer from during pregnancy, and to point out the best means of treating them. Of course it is only the simplest affections which a woman can attend to herself. If anything serious should arise, or if she cannot get relief from her home remedies, she should send for the doctor without delay.

*Excessive Vomiting.*—This, if allowed to go on for long, will

reduce the strength and produce many serious disorders. It is also likely to bring on a miscarriage. It should therefore be checked. A little *oxalate of cerium*, obtained from any chemist's, is the best remedy. As much as can be piled up on a three-penny piece is the ordinary dose. It should be taken, mixed with a little water, three or four times daily. It usually acts like a charm. Plenty of rest on the sofa is also beneficial if vomiting is severe. If, however, the above means should fail, the doctor had better be consulted.

*Diarrhœa* may generally be checked by diet, which should consist mainly of arrowroot, sago, tapioca, and cocoa. Avoid brandy. Eat plenty of salt. If diet does not stop the diarrhœa, take five drops of laudanum three or four times a day. Drink lime-water and milk mixed. I have found *Ingluvin*, in ten-grain doses every three hours, a capital remedy in many cases of diarrhœa and vomiting occurring during pregnancy. It can be taken mixed with a little water or milk.

*Costiveness* may be overcome in the manner mentioned above. If it should be very obstinate, however, I would recommend the following mixture, to be made up at a respectable chemist's:—

Take Fluid Extract Cascara Sagrada,  
Simple Syrup,  
Water, of each 1 oz. Mix.

A tea-spoonful three or four times a day.

*Salivation* may be relieved by gargling the mouth several times daily with Tincture of Myrrh and cold water. A tea-spoonful of the tincture, mixed with a wine-glassful of cold water, forms the proper strength of gargle.

If *piles* should be bad, much relief may be obtained from hot fomentations. The ointment of galls and opium may be applied night and morning with advantage. A morning dose of "brimstone and treacle" will often keep the piles from becoming too troublesome. The Chanteaud Seidlitz taken regularly, or a dose of the Cascara Sagrada mixture mentioned above, two or three times daily, will, however, keep piles in check.

*Toothache* may be relieved by dropping a little carbolic acid into the decayed tooth, or by painting it all over by means of a camel-hair brush with the acid. It will be best to get another person, however, to do the above, as the carbolic acid must not be allowed to get on the tongue or gums. No tooth should be extracted during pregnancy without the doctor's advice, and then it had better be done under the influence of nitrous-oxide

gas, so as to avoid pain and shock to the system. I have known miscarriage to take place through tooth extraction. A twenty per cent. solution of *cocaine*, obtained from the chemist's, may be well painted into the aching tooth by the woman herself, and will give instant relief. There is a kind of spray apparatus, invented by Dr. Miller, and sold by most surgical instrument makers, for putting *cocaine* solution into decayed teeth. The apparatus, however, costs 10s. 6d.

*Neuralgia*, or tic of the head and face, may be best relieved by the appliance of dry hot flannels. A cone of menthol, sold by every chemist, rubbed on the painful part will give great ease, or one of the newly introduced menthol plasters may be applied. No stimulants should be taken to relieve nerve pains. One of Pulvermacher's galvanic bands might be useful in obstinate neuralgia.

*Cough*, which is sometimes troublesome during the last three months of pregnancy, may be relieved by linseed-tea, Spanish juice lozenges, or by sucking pieces of gum arabic. A teaspoonful of glycerine three or four times daily is an excellent remedy. Terebene lozenges may also be sucked, or Van Lieben's Throat Lozenges.

If at any time during pregnancy *fainting* comes on, rest on the sofa or in bed for an hour or two will be the best. Twenty or thirty drops of *sal volatile* in a little water will be the best remedy.

*Whites*, it profuse, often cause discomfort and set up irritation of the outer parts of generation. Washing with tepid water and Pears' or Van Lieben's soap will usually relieve the irritation.

If there should be much *itching* of the parts of generation, washing as above and bathing with a lead lotion will relieve. The lotion is made by dissolving twenty grains of *acetate of lead* in a pint of water. A Hazaline lotion (2 ozs. to half-pint of water) will relieve when other means fail.

A pregnant woman must on no account go where there is any infectious disease, such as measles, small-pox, scarlet fever, or typhoid fever, because she would be very liable to catch such fever, and a miscarriage or premature labor would be almost certain to take place. Besides, the woman herself would run great risk of her life if she contracted one of the above diseases. Neighbors from infected houses must be kept away.

• If a woman, *before* the beginning of the seventh month of pregnancy, has a discharge of blood and suffers from bearing-down pains, she is no doubt threatened with an *abortion* or

*miscarriage.* If the same symptoms occur *after* the beginning of the seventh month, a *premature labor* will no doubt take place.

I may remark here that a child born before the beginning of the seventh month cannot live. If born after the beginning of the seventh month it may live with care.

A woman threatened with either a miscarriage or a premature labor should immediately send off for the doctor. She should go to bed and keep perfectly quiet till he arrives. She would do wisely to take about ten drops of laudanum in cold water. All her food and drink should be nearly cold. The lighter her diet is, the better. If flooding should be profuse, I would advise the application of cloths wrung out in cold water to the lower parts of the body. No brandy should be taken, as it usually makes flooding worse.

Some women look upon "a slight miscarriage" with contempt. This is foolish, because if a woman who has miscarried gets up too early she exposes herself to very many serious dangers, such as inflammation of the womb, and putting of the womb out of place. She may also incur the awful risk of blood-poisoning. Therefore, let every woman who has suffered a miscarriage put herself completely in the hands of her doctor, and follow out his instructions to the letter.

Other disorders of pregnancy no woman should try to treat herself, but should obtain medical advice as soon as possible. During pregnancy a woman should avoid, as far as possible, everything of a disagreeable nature, especially unpleasant sights. She should keep her mind free from all harass and care. This is important if she wishes to bear a healthy child.



## CHAPTER III.

### THE SIGNS, STAGES AND TREATMENT OF LABOR.

THE time has at length arrived when a child (more or less anxiously expected) is to be born into the world. The old married woman—the mother of several children—troubles herself very little about her approaching confinement, especially if her previous labors have been easy and safe. It is the young wife, pregnant with her first child, who fears the time when she shall be brought to bed. All is strange to her. She thinks she will suffer more than in reality she does. Her

ignorance causes her terror. A well-formed healthy woman has rarely anything to fear. If the time of pregnancy has been well spent in taking care of the health, labor will present little difficulty.

It is my intention in this chapter to point out the *signs* by which a woman can tell when labor is beginning; to show her what to do till the doctor arrives; to mention the *stages* of labor, and to instruct her how she shall assist the doctor during the time he is with her. Such information, I consider, will be of great use to every young married woman.

Labor nearly always comes on at the end of the ninth month from conception. If a woman reckons forty weeks or 280 days from the time of her last monthly flow, she will be able to judge pretty nearly the time of her confinement. To give an example—if the last “monthly” was on January 1st, the labor should commence on or about October 8th, that is forty weeks, 280 days, or nine months and one week from date.

A fortnight or so before labor begins the body gets smaller, because the womb sinks lower down. Breathing becomes easier, on account of the womb sinking, and not pressing so much on the lungs. The woman, too, can walk about with less fatigue. But because the womb sinks down and presses on the bladder and lower part of the bowels, there is more desire to pass water, and there is often diarrhoea. This diarrhoea is good, because it clears out the bowels, and so makes room for the head of the child to pass out in the last stage of labor.

If diarrhoea does not take place during the last fortnight of pregnancy, a purgative should be taken occasionally. Those purgatives mentioned in the last chapter are the best. White magnesia must be avoided, because it sets in the lower bowel and forms a hard cake there which will hinder the birth of the child's head.

A few days before labor, certain bearing-down pains may be felt, and there may be a slight discharge of blood. This discharge is called “the show.” No delay now should take place in sending for the doctor. The pains and “the show” demand his attendance.

It is right that a woman should know that there are two kinds of pains—the true and the false.

*The false pains* are very short, and do not come on at any fixed or regular time. They are usually felt in the front of the body. These pains may arise from the stomach or bowels being out of order, or from having eaten food which has not

digested. The best way to relieve these pains is to take a mild aperient and to be very careful in diet. I have known such pains to occur several weeks before confinement. There need be no alarm.

*The true pains* are the sign that labor has commenced. These pains take place at regular times; they are slight at first, gradually increase and then die away. They are felt in the back, and go down into the lowest part of the body. Such pains, along with the "show," clearly point to the commencement of labor.

Finding herself in labor, the woman must not get frightened, but must keep her mind easy. Her husband must be sent off for the doctor and the nurse, and it is well here to state that both these should have been engaged beforehand. In fact, for those who can afford the expense, I would certainly advise the nurse to be in the house at least a fortnight before the expected event. She is then in readiness for anything which may happen. If possible, get a nurse who is a teetotaler, and see that she does not come from a place where there is any infectious disease. She should not live too far away.

If the weather is cold or damp, a fire must be lighted in the bedroom. Everything must be ready to hand for the nurse, and it would be well for the woman herself, if she is able, to busy herself in putting out the things which may be required.

The things which will be wanted are—the baby's clothes, napkins, a calico binder to put on after delivery, safety pins, a large sheet of mackintosh to put on the bed for the woman to lie on, a long roller-towel to pull upon during labor, a bottle of Condyl's Fluid, a tablet of carbolic toilet soap, a skein of worsted (out of which the doctor makes two ligatures for tying the baby's navel-string after it is born), a pair of large blunt scissors, and a little lard or cold cream in a pomatum jar. There should also be a large flannel to put the baby in directly it is born.

The clothes, flannels, napkins, and binder should be hung on a horse in front of the fire, so as to be warm when wanted.

Both hot and cold water should be at hand, and the doctor should have a jug and basin for his own hand-washing. The carbolic soap must be put in the soap-dish where he can find it. A clean towel should be provided for his special use. The lard or cold cream must be put ready for him.

The nurse should not be allowed to gossip about cases which have gone wrong, but she should try and cheer up her patient with amusing and pleasant conversation. The woman's

husband and neighbors must be kept out of the lying-in room. None but doctor and nurse should be allowed in it.

Having got everything ready, the young woman should do nothing till her doctor arrives, and then she should place herself entirely in his hands, looking upon him as her best friend for the time being.

It may be well to mention here that labor is divided into three stages. Each of these represents a certain advance towards delivery.

In the first stage the mouth of the womb expands so as to allow the baby's head to pass into the vaginal passage; this stage comes to an end with the bursting of the bag of waters in which the baby floats in the womb. In the second stage the child is forced along the passage till it is driven forth at the outer opening of the generative organs. In the third stage the after-birth is born.

We will now suppose that labor has fairly commenced, and that the doctor has entered the room. He will make a few inquiries as to the health, the state of the bowels, and the nature of the pains, all of which questions must be candidly answered. The woman must not get fluttered at his presence. After talking a few minutes he will propose to the woman that he make an "examination" in order "to see how things are going on." This must not be objected to, as the examination is necessary, and by making it the doctor is able to form an opinion as to how the labor will go on.

The woman during the examination should lie on the bed on her left side, with her back towards the right side of the bed. Her head and shoulders should be low, and her thighs and knees drawn up. The doctor then, sitting at the right of the bed, having smeared his hand with lard or cold cream, asks the woman to tell him when she feels a pain; and when the pain comes on he passes his hand under the clothes, between the buttocks, and introduces his first finger into the passage, pushing it up until it reaches the womb. He keeps it there some time until he has made a thorough examination. He is now able to say in what position the child lies, and how far labor has advanced. This examination is not painful.

If the labor is only in its first stage it will not be necessary for the doctor to examine often. The woman may rise from the bed and walk about the room, or sit in a chair. She can take food in the shape of warm milk, beef tea, or tea and milk. Sometimes there is vomiting during this stage, but this does good and helps to expand the mouth of the womb. If, how-

ever, it should be very bad, a little soda-water might be drunk. No brandy must be taken.

If the doctor finds that the mouth of the womb has not expanded much, it will not be necessary for him to stay, but he may go away for an hour or two, especially if he lives near at hand.

During this interval the lying-in bed should be got ready. A mackintosh covering should be laid over the bed, and this should be covered with a couple of sheets folded, so that the discharges which come from the woman may not soil the bedding. The mackintosh sheeting must be a new one, and not have been used before. If mackintosh cannot be afforded, sheets of brown paper smeared with pitch will answer in its stead, or ordinary oil-cloth will do.

A woman may be dressed in her ordinary clothes during this first stage of labor, if she likes; but I should certainly advise her, before her pains become severe, to be undressed, and have nothing on but her night-gown and a flannel petticoat. Her shoes and stockings she may keep on. If she walks about she can throw a shawl over her shoulders. The being confined in the clothes worn during the day is a dirty habit, and is a hindrance to the last stages of labor, besides interfering with the doctor's examinations; and the clothes are also in the way when the baby is born.

If pains are severe during the first stage, the woman can lean on the foot of the bed or on the back of a chair till the pains pass off.

Some old women think that the pains in the first stage are doing no good; they call them "nigging" pains. They therefore tell the woman to hold her breath, and to bear strongly down. Now this is bad advice, because such early exertion only exhausts the woman and prolongs the labor, without doing the least good.

The first stage of labor may last from two to six or eight hours.

When the mouth of the womb has dilated to the full, so that the head of the child is able to pass into the vaginal passage, the woman often feels cold and shivering. If the doctor is not present he must now be sent for; and I would strongly advise the woman to get to bed. A little hot tea will now warm and comfort her.

The doctor, as soon as the woman is in bed, makes another examination; and if he finds that the "waters have not broken" he bursts with his finger-nail the bag in which the



"waters" are contained. The waters rush out with a great gush, but the woman need feel no alarm.

The child's head having now entered the vaginal passage, the pains will be much more frequent and severe. The woman will get assistance from having the roller-towel fastened to the foot of the bed on the right side, and during the pains pressing her feet against the bottom right-hand corner of the bed, and pulling upon the towel. During the pains the breath should be held, and the woman must refrain from crying out.

A woman "bears down" by taking a very deep breath, and then straining downwards.

A few minutes' sleep between the pains often gives renewed strength.

Cramp in the legs may be relieved by rubbing.

Pain in the back is often eased by the nurse pressing upon it. In fact, many women like the back to be held during each pain.

As the head descends lower and lower the pains become stronger and stronger, and at last the head of the child is expelled through the outer parts into the world. The last expulsive effort causes the child to cry out, as the last pain has reached its highest pitch of intensity. This last cry causes relaxation of all the parts, and saves the lower portions of the generative organs from being torn.

All the pains of labor are necessary. They are the efforts which the womb and muscles of the body are making to drive out the child. The woman should, therefore, exercise all her patience. I may here inform her that a labor, from beginning to end, may often last twenty-four hours. She should not, therefore, get alarmed at the length of time, but bear up with calmness and courage. Let her trust the doctor, and all will be well. During the latter part of the second stage, the doctor is able to help the woman very much by supporting the parts between the buttocks.

If a woman should be so unfortunate as not to have the doctor at hand during the second stage of labor, she had better go to bed, otherwise the child might be born suddenly, and fall upon the floor, sustaining serious injury, or even being killed.

When the pains are on, great help is rendered by the woman keeping the body more or less doubled. She should also keep the buttocks near the edge of the bed, so that the doctor will not have far to reach. See that the doctor has plenty of napkins.

At no period of the labor must spirits be taken without medical advice. I have known flooding to come on after

delivery from nothing else but the taking of brandy during the course of the labor.

If the doctor has to use forceps to extract the child's head, the woman must not frighten herself, because, after all, forceps are but the artificial hands which are introduced to clasp the child's head and bring it forward, the human hands being too thick to introduce both together. If the woman only does all she is told, the use of the forceps in many cases gives great assistance, and shortens what would be a long, tedious, and painful labor.

When labor is tedious and painful, many medical men let their patients inhale a little chloroform during the pains. This gives wonderful relief. If the doctor proposes it, the woman must not demur. Chloroform in labor, when skilfully used, is a great boon.

After the birth of the head there is generally a pause for a minute or two. Then there comes another pain which forces the whole of the child's body into the world. The great trouble is now over, and the second stage of labor is ended.

The doctor now devotes his attention to the baby. If the young urchin cries loudly all is right with it, its lungs are expanding. But if it lies still, a pat or two on the back, or sprinkling cold water on its face, will usually revive it. The baby as soon as born should be turned on its back to enable it to breathe.

When the baby has cried, the doctor then ties the two worsted bands on the cord which, attached to its navel, is connected with the after-birth. One band is placed on the cord, about two inches from the baby's navel, and the second two inches above this. The cord is then cut between the two worsted bands with the blunt scissors, and the baby is thus separated from its mother, and lives its own life. The nurse receives the baby from the doctor in a large piece of warm flannel.

The woman must not now excite herself or sit up. She may, however, have a drink of warm milk or tea.

In a little time slight pains come on, and the *after-birth* is expelled, or, if it does not come away by itself, the doctor gives a little help, and it is soon got rid of.

A vessel should be at hand ready to receive the after-birth. As soon as the doctor has examined it the nurse should burn it. It is not healthy to leave it long in the room, as it soon smells offensive.

The nurse now should wash the woman's external genitals with warm water in which a little Condyl's Fluid has been

mixed, and then a warm, dry napkin should be placed on the parts. All the soiled linen should be removed from under the woman, and a clean, warm sheet placed beneath her.

The next thing is the application of a bandage to the body. The object of this is to prevent flooding by pressing on the body, and so causing the womb to contract. It should never be neglected. It keeps the body, too, in better shape. The bandage should be made of calico or linen, and should be about three and a half feet long, and eighteen inches broad. It should be fastened round the body with four or five safety pins. It must not be too tight, but just give comfortable support. The binder should be so applied as to fit well below the hips, because, unless it does, it will work up and prove useless. If price is no object, the best binder a woman can have is Mrs. Hambly's "Perfection" Adjustable Binder, mentioned in Chapter II.

Labor may now be said to be complete. The woman can be moved to the other side of the bed, and allowed to rest undisturbed for an hour. She can then be made comfortable. A little gruel or warm milk should be given to her. She must neither talk nor move about, and must on no account sit up. If she feels chilly, an extra blanket can be placed over her. The doctor now takes his leave, and the young mother is left to her own happy thoughts.

In the next chapter I shall show how a woman must take care of her health after delivery, and in the following one I shall give a few hints as to the management of the baby.



## CHAPTER IV.

### AFTER DELIVERY.

THE doctor has now left, and the mother is attended to by the nurse or by some intelligent neighbor. Although the pains and perils of pregnancy and labor are past, still for another month great care will be required to keep well and to escape other dangers which accompany the lying-in state.

After the mother has laid quietly for half an hour or so, the nurse should put on her a clean night-dress previously warmed, should again wash the genitals with warm water and Condyl's Fluid; should take away the napkins applied by the doctor, and put in their place clean warm ones. She should also arrange

her comfortably in bed, drawing from under her any soiled linen, and putting clean sheets, nicely warmed, for her to lie upon. Whilst being made comfortable the mother must on no account sit up. To sit erect immediately after labor is very dangerous.

Whilst speaking of napkins, to apply to the genitals after labor, I would advise all women who can obtain them to use either Southall's "Sanitary Towels," sold by all chemists and ladies' outfitters at one shilling per dozen, or the "Sanitas Towels," which are washable, and which can be obtained at the same places at three shillings per dozen. These two kinds of "Towels" absorb all discharges, and are much more healthful and comfortable than the ordinary napkins. They must, however, never be allowed to remain on too long, so as to become offensive or uncomfortable. Women, during the ordinary monthly flows, will find these Towels far superior to the stiff and unpleasant ordinary napkins.

The mother being settled quietly in bed, and the baby having been washed, the nurse hands it to the mother, who should apply it to her breast for a few moments. The suction at the breast helps the womb to contract, and so keeps off flooding.

The husband may now pay a few minutes' visit to the lying-in room, but the mother must not talk or excite herself.

She can have a basin of oatmeal gruel, made half of milk; and a little sleep, if she can afterwards obtain it, will do her good.

The body bandage, if it becomes slack, must be tightened.

The room must be kept at a comfortable heat, neither too hot nor too cold. A shilling thermometer, hung on the wall near the bed, will show when the room gets chilly or overheated. About 65 to 70 degrees is the proper heat at which to keep a lying-in room.

The above directions will, in most cases, suffice for the first few hours after delivery.

There are several things in connection with the lying-in state about which I wish to say a few words, and which it is necessary that the mother, as well as the nurse, should understand.

*The management of the after-discharge* is very important, and the health of the mother varies according to its condition and quantity. This discharge is called *the lochia*. As soon as delivery is over, the lochia sets in, and lasts for nearly three weeks. The first three or four days the discharge is almost pure blood. It then becomes thinner, and of a pale red color. In about a week it turns a greenish color, and is then sometimes called "green waters." It continues green till about the

end of the third week. Now, it is well to let this discharge run off freely ; and after the first two or three days the woman should be allowed to pass water kneeling. This position helps to drain off the discharges which collect in the vaginal passage. She should also sit up in bed several times daily after the first three days, so as to help a free discharge. If the lochia does not run off freely it decomposes in the passage and womb, and gives rise to blood-poisoning and fever. The napkins must be changed often during the day. If the discharge is offensive, or there is not much of it, a wine-glassful of Condyl's Fluid must be mixed with half a pint of warm water, and the vagina must be syringed with the mixture night and morning. A Higginson's syringe is the best to use. If there is fever the doctor must be sent for.

After-pains need not cause any fear : they are necessary, and are produced by the womb contracting after labor. Some women have few pains, whilst others suffer sorely. As a rule, women in their first confinement have but few after-pains. It is the mother of many children who suffers. If the womb has contracted well directly after delivery, there will be but little after-pain, because all the clots of blood will have been driven out of the womb, and it is these clots of blood which excite the womb and cause pain.

By putting the baby to the breast within a couple of hours of delivery the womb will contract better, and after-pains will be usually avoided.

A woman should try and bear these pains, unless very excessive, because nature is acting to drive out some clot or other matter from the womb, which, if retained there, would set up fever and inflammation. At most she should do nothing more than take eight or ten drops of laudanum in a little water. It is best, if the pains are very severe, to consult the doctor.

In some first confinements the young mother is unable to pass her water for the first few days. The doctor or nurse may have to draw it away from the bladder through a catheter. This is an operation which gives no pain, and should never be objected to from a sense of false modesty. Many doctors can draw the water without uncovering the patient ; and, even in those few cases where it is needful to uncover, there should be no foolish expostulation. The woman must assist her medical man to the best of her ability, and readily place herself in proper position at the edge of the bed, with her knees drawn up.

*Suckling* should be commenced as soon as possible after the mother is comfortable in bed. The baby applied to the breast

within a couple of hours after delivery does a deal of good to the mother. Rarely will flooding take place if this is done, because the act of drawing the breast causes the womb to contract tighter, and so prevents excessive bleeding. If the baby is put to the breast soon, the flow of milk is promoted, and so the breast does not become too full. A long delay in suckling the baby causes the breasts to become full and hard, and then the nipple gets short, and is perhaps drawn in. I have seen many cases where, the baby being fed the first day or two before being put to suck, the breasts have become very full, and the nipples have been drawn quite in; the result being that the nipples could not be drawn out again, the baby was unable to get suck, and, the breasts being too full of milk, *milk fever* has set in, and an abscess resulted.

Even if the nipple can be drawn out, under the above circumstances, it is only by a very great effort on the part of the baby, and the mother is put to very severe pain, and the fine skin covering the nipple becomes cracked and very sore.

If *milk fever* comes on, with shivering, headache, and dirty tongue, it may generally be made to pass off in three or four days by taking a table-spoonful of Chanteaud Seidlitz in a tumbler of warm water. This draught may be taken once or twice, and it will usually relieve all the feverish symptoms.

*Abscess of the breast* must not be neglected. If unattended to, the breast may be destroyed, and the mother's health injured for months. If there is abscess the doctor's advice must be obtained, and the baby must be suckled from the sound breast. The diet of the woman must be nourishing when the abscess begins to discharge. The bowels must be kept regular either with Epsom salts or, better still, with a daily dose of Chanteaud Seidlitz. If there should be much debility whilst the abscess is discharging, a wine-glassful of Wright's Unfermented Port Wine with Bark may be taken three times a day, before meals. This wine is unintoxicating, and is very valuable in all cases of exhaustion.

*Sore Nipples* should be bathed with brandy, or smeared with a little Vaseline, or painted with a solution of two parts of carbolic acid in 100 parts of water. Before each application of the baby to the breast, sore nipples should be washed and dried. An artificial nipple, sold by chemists, should be used if the nipples are very sore. Dr. Wansborough's nipple-shields, made of thin lead, might be worn over sore nipples. They are very healing.

If the flow of milk is very profuse, such milk is generally

very watery, and does not nourish the baby sufficiently. If the flow does not quickly become moderate it will be well to bring the baby up by hand, especially if the mother's milk upsets its stomach and bowels.

If there is but a scanty flow of milk, the application of hot poultices, made of castor oil leaves, to the breasts may cause the milk to come more freely. Usually, scanty milk is a sign of weakness in the mother. The best remedy is a good nourishing diet, with plenty of eggs and milk.

If for any reason the doctor does not think it advisable for the mother to suckle her baby, she should keep her bowels well open by the use of Epsom salts or Chanteaud Seidlitz; her diet should be plain, and she should apply a belladonna plaster to her breast to "scale off" her milk.

I would, however, advise every woman who can, to suckle her babe. There is no food for a baby like mother's milk. Women who suckle their children are less liable to diseases of the womb. No woman, however, should suckle her baby for longer than twelve months at the most.

I would like to remark here that many women have the idea that as long as they are suckling they cannot conceive, so they in many cases, in order to avoid having big families, suckle for eighteen months or two years. This is a practice most injurious to the health. A woman can conceive when she is suckling, and, if she does, not only does her own health suffer, but the babe at the breast and the new life in the womb also suffer, and perhaps die. Prolonged suckling is apt to produce blindness in the mother, and to make the sucking child idiotic.

A suckling woman would derive benefit from taking every day with her food one or two doses of phosphate of lime—as much as can be put on a three-penny piece, and spread on a piece of bread-and-butter, will be the quantity to take. The lime improves the milk, and so helps to build up the baby; it also supplies to the mother the lime which the baby drains out of her.

The *Diet* of the woman during the first three days after delivery should consist of gruel made with milk, arrowroot, sago with milk, and cocoa. At the end of three days, if the bowels have been opened, she can gradually get back to her ordinary diet. A weak woman will want milk, eggs and strong beef-tea from the beginning. Fish is good for a nursing woman.

If the bowels are not moved within three days after delivery, a dose of Epsom salts or of Chanteaud Seidlitz should be taken. An ounce of pure olive oil is a very safe purgative.

The lying-in room must be well ventilated in the manner described in Chapter II. Fresh air is necessary for both mother and child. Little's Sanitary Phenyle Powder, dusted over the floor, has a tendency to keep the air of the room pure and sweet.

The mother must keep in bed at least eight or ten days. Getting up too early is apt to bring on "falling of the womb," and, in consequence, life-long discomfort and bad health. She must have no company the first week.

Even when the woman does rise from bed she must be very careful not to engage in household duties for two or three weeks. As much rest as possible for a whole month after the confinement is necessary. It takes the womb a full month to get to its proper size and condition again.

No woman should allow her husband to have sexual connection with her until after the end of the first month from her confinement. On this she must strongly insist. Connection, before the womb has resumed its original condition, is hurtful to the woman's health, and if she should conceive it will be at the cost of future suffering, as the womb would be weakened.

During suckling, husband and wife must not embrace too often, otherwise the milk will be spoilt in quality and the wife's health will suffer. On the other hand, sexual connection at this period, in moderation, is beneficial.

A woman should not let her husband smoke in the lying-in room, or when she is suckling. The tobacco-smoke taken into the blood acts on the milk and poisons the child. Her husband should smoke in another room or out of doors.

No beer or porter must be taken after delivery or during suckling. A woman should not listen to the recommendations of her neighbors on this subject. Wine, spirits, beer and porter all spoil the milk and injure the baby. Mothers who wish to have good milk and strong children must avoid alcohol. A good diet of fresh meat, eggs, milk, puddings and fish will do more to give good milk for nursing than all the stimulants in the world.

After the first month the woman should get out in the fresh air as much as possible.

In concluding this chapter it may be well to give a lying-in woman a few words of advice as to what she is to do if flooding should come on. The doctor must be sent for without a moment's delay. The woman must lie flat on her back with her head lower than her body; she must on no account sit up. She must try and keep from moving about, and must not



excite herself. The nurse must put cloths wrung out of cold water to the bottom of the body and to the genitals, renewing them every two or three minutes; she must also press with her hand firmly on the bottom of the body till the doctor comes. Every woman should provide herself before confinement with a tube of Chanteaud's dosimetric granules (small pills) of sulphate of strychnine; and if flooding comes on the nurse must give her two granules every ten minutes till medical advice can be obtained. They act by contracting the womb. These granules can be got from W. J. Rendell, Chemist, 26, Great Bath Street, Clerkenwell; or from E. Yewdall, Leeds; or F. Earle, Hull. The price of a tube containing twenty granules or small pills is sixpence. Drinks of icy cold water may check the flooding. After flooding, nourishing diet will be necessary to restore the strength and make new blood.



## CHAPTER V.

### THE MANAGEMENT OF THE BABY.

THE baby long wished for has at last arrived. How carefully should the young mother cherish and protect it! It is born to live, and not to die. If properly cared for during the first months of its feeble life, it may grow up to fill a useful place in society, honored and respected. In intellect it may even rival a Gladstone or a Darwin, a Harriet Martineau or a Miss Prideaux. All, however, will depend upon proper nursing, appropriate feeding and clothing. An ill-fed, ill-clothed babe usually qualifies only for the coffin, or for life-long bad health.

As every right-minded mother will naturally wish to keep her child a real "picture of health," I propose in this chapter to show how a baby's health can be maintained for the first two or three years of its life. The first two years are the most important.

When a baby is born the first thing it generally does is to cry. This is the commencement of its breathing air into its lungs. The cry should rejoice the mother, for it indicates that her babe breathes.

Sometimes, however, the baby does not cry, but is expelled from the womb looking as if it were dead. It does not breathe, and is blue in the face. This condition may result from several causes, such as the long and tedious labor interrupting the circulation between mother and child, the twisting of the cord

round the neck, or pressure upon the cord as the head is coming down. Or perhaps the infant may be born pale and lifeless, as results from pressure on its head in a long labor. But, whatever is the cause, efforts must be made to bring about breathing in the child. The mother must leave all to the nurse and doctor, and must not put herself about.

Now what is to be done in such a case? The baby may be restored to life by adopting energetic measures. First, the cord must be tied, and it must be taken from the mother. It should be slapped on the back and chest, have cold water sprinkled on its face, or its back rubbed with brandy, or it should be dipped quickly first into warm water and then into cold. If these means fail, it is well that the nurse should know how to perform Sylvester's method of "artificial respiration," because it is possible that the baby may be born before the doctor has arrived.

*Sylvester's method* of producing breathing in children born apparently dead is as follows:—

The nurse places the child on its back on the bed. She then takes its elbows, one in each hand, and draws them up straight above its head; this operation causes the chest to expand, and air enters the lungs. Next, she brings its arms down again and presses them against its chest, one on each side; this drives some of the air out of its lungs. She should practise this raising and bringing down of the arms about sixteen times in a minute. In this way, air is both taken into and driven out of the lungs, the same as happens in natural breathing. The operation should be performed for some time, and if the baby gives but a feeble gasp there is hope that perseverance will prove successful.

Whether the baby has been born making the house ring with its screams, or has been restored to life by the means just described, the next steps in its management are similar.

Its eyelids should be wiped with soft rag as soon as it is taken from its mother. This prevents inflammation of the eyes from matters from the mother getting into them. It should then be washed in warm water in front of a fire, plunging it up to its neck in the water, and using Pears' or Van Lieben's soap in preference to any other kind. The washing gets off the curdy or cheesy matter which sticks to its body. It must then be well dried with a soft towel. A piece of linen rag is next taken, and a hole is cut in the middle, and the portion of the cord attached to the navel is passed through the hole. The rag is then folded over the cord, and a pad of

linen is placed over this and covering the navel, and a flannel binder is put round the baby's body over the navel. This binder must not be too tight so as to interfere with the breathing.

If there is bleeding from the cord, or, as it is commonly called, the *navel-string*, it can be checked by tying a ligature of worsted, thread, or string round it, or, better still, of thin tape, which would not cut it.

The baby must now be dressed and placed to its mother's breast. Of course, if she is much exhausted from a weary and trying labor it will be well to let her rest two or three hours ere being troubled with the baby.

I shall now mention, in order, several things connected with the bringing up of a baby, which it is absolutely needful to know. These are suckling and diet, washing, clothing, air, and exercise, and the minor diseases of infant life.

*Suckling.*—It has been mentioned more than once that it is advisable to put the baby to the breast as soon as possible. This is advantageous to the baby as well as to the mother. The first milk made in the breasts is different from the milk which is afterwards formed; it has a purgative action on the baby's bowels, and so helps to expel the dark green fluid matter which loads the infant's bowels. No other purgating medicine is required if the baby takes the breast the first two or three days. If, however, the mother is unable to suckle early, or wishes to rest seven or eight hours after a tedious labor, the baby must not remain long without food, but should have a few dessert-spoonfuls of warm sugar and water an hour after being born, and this should be repeated every three hours till the baby can be put to the breast. If the mother cannot suckle for two or three days, the baby must be fed with a quarter of cow's milk added to the sugar and water.

Before putting the child to the breast for the first time, the nipple should be washed with warm water. This makes it moister and more supple, and consequently less painful for the baby.

The best position for the mother to be in, during the first week of suckling, is to lie on the side on which she intends to nurse, and to place the baby so close to her breast, so that the nipple falls into its mouth. She can nurse for a long time in this position without being tired.

The first three days, the baby gets but little milk at a time. It should therefore be frequently put to the breast. Every three hours, at the longest, if the child is very vigorous, is about the time; but if it is weakly, even four or two. The

hours of feeding, however, must be regular. If the mother's milk is scanty, the baby must be fed, in addition, with cow's milk, diluted half or three quarters with warm water, and sweetened with a little loaf sugar.

If a baby is fed at regular intervals during the day, the mother should not suckle it more than once or twice in the night: The first three weeks, however, it may be suckled during the night three times. It is well to encourage the baby to sleep during the night.

It is not always wise to give a baby suck every time it cries, because it does not always draw milk, but only air into its stomach, and this will give it wind and pain.

Many babies cry and are restless simply from thirst. Never refuse cold water to a baby. It can be given either through a feeding-bottle or in a tea-spoon. Milk does not relieve thirst like water. A baby will drink water when it will refuse its mother's milk.

A nursing mother's food should be very nourishing, but not rich. She should not, however, over-feed herself. If her milk is poor and scanty, and she suffers from prostration and weakness, she must have three meals a-day of fresh rump-steak or chops, drink plenty of milk during the day, and have a basin of milk porridge night and morning. In this way, along with fresh air and exercise, she will soon be able to give good nourishing milk to her babe. Stout, ale, and porter will deteriorate her milk and injure her child. Many babies suffer from diarrhœa and sickness, from wind and pain in the body, because the mothers take ale or stout to improve (?) their milk. Instead of improving it they spoil it, and their babies are poisoned and badly nourished. Milk can never be good for a baby if it has been forced by ale and stout. I should like all nursing mothers to read a little pamphlet called *Effects of Alcohol upon Women*, written by a talented friend of mine, Dr. Kate Mitchell. Its price is one penny. Also they might read a tract by Dr. Edmunds, *Alcoholic Drinks as an Article of Diet for Nursing Mothers*, price one penny. Both tracts can be obtained from the National Temperance Publication Depôt, 337 Strand, London, W.C.

Nursing mothers will obtain much benefit from taking the Paterson's Extract of Malt with Cod-liver Oil. This preparation will restore strength and make good milk when other means fail. Du Morry's Malto-Phosphatic Food, mixed with the food at meal times, will also help to make good milk, and will keep the nursing mother from becoming debilitated.

A mother may improve the quality of her milk by taking two or three grains of phosphate of lime with each meal, or better still, by taking two or three times a day three or four table-spoonfuls of Java Jelly. This jelly is prepared by the El Teb Ivory Jelly Co., Sheffield. It is sold in shilling bottles.

Let it be clearly understood that mother's milk is the food for the infant during the first year of its life. If, however, a baby, from inability of the mother to suckle, has to be brought up by hand, there is no food which comes so near mother's milk as "Mellin's Food." It is the best baby's food made. Of course, for those who cannot get it, good cow's milk, diluted with water and sweetened, will do. If good cow's milk cannot be got, tinned milk must be used, of which there are several good brands in the market. This latter, however, will have to be diluted with water according to the directions on the tins.

Nothing but milk in one form or the other should therefore be given to a baby. Often, to my astonishment, have I seen beer, tea, coffee, meat, potatoes, bread and butter, and tarts given to young babies. This must never be done if a mother desires to save her baby from diarrhoea, fits, colic and sickness. Cream should never be given to a baby. It cannot digest it.

Sometimes it is necessary to dilute cow's milk with lime water, to make it agree better. But ask the doctor about this. It is usually done when the baby suffers from diarrhoea or rickets.

If a baby is brought up by hand, the feeding-bottle must be kept very clean. Only the quantity of milk required should be put in it, and, as soon as the baby has finished its meal, the bottle must be scalded and rinsed out, and the cork and tube be cleaned. If this is not done the food will turn sour when placed in the bottle, and the baby's stomach will be disordered. It should have the bottle at fixed hours.

After nine months or a year the baby should be weaned. This should be done gradually. When it has cut its front teeth it should have a couple of meals a day of bread and milk as well as the breast. The yolk of an egg, boiled soft, may also be given. A little minced meat once a day after the child is eighteen months old is a useful addition to its diet. But nothing during the first two or three years comes up to good milk and bread, cocoa, and a little well-cooked oatmeal or whole-meal porridge.

It is a sin, before a child is three years of age, to feed it like its parents. Such indulgence on the part of parents is foolish

and cruel. Most of the diseases of the stomach, bowels, and nerves in young children arise from letting them live like grown-up people. Again I say, stick to good milk, and see that you get it, for your children. Nothing comes up to it. Farmers and owners of pasture have no right to send all their milk away, so that the children of the poor in agricultural districts cannot get it; yet this is done in Somersetshire and North Lincolnshire, and we see the children of the poor "starving on water-sopped bread," and yet the districts are rich dairy ones!! I would particularly draw the attention of Mr. Joseph Arch and other land reformers to this matter, and ask them to see that the children of the poor get good milk. "Three acres and a cow" are necessary for every agricultural laborer.

*Washing.*—Nothing tends to preserve a child's health like cleanliness; as far as a baby is concerned, it certainly "is next to godliness." Now children, however young, should be washed night and morning in warm water. The best soap to use is Pears' or Van Liebeu's. A baby's napkin should be taken off as soon as dirtied, and the baby should be washed with warm water, and not be merely wiped, as is too often done. Of course, if the child is out in the air, the napkin cannot be removed, and washing performed at once, but both must be done as soon as it gets home. If this rule is attended to much soreness of the child's buttocks and thighs will be avoided, and it will be kept sweet and wholesome. No one likes a smelling baby. "Sanitary towels" may be used instead of napkins for babies—they are less apt to chafe. A baby after washing should be dusted with wheat-starch violet powder to prevent chafing.

A child should have a bath every second day. The heat of the water should be about 80 degrees. For a baby under a month old, five minutes in the bath is sufficient. After a month it may be kept in ten minutes.

If a child is restless at nights, and sleeps badly, it should have such a bath before going to bed. This night bath will be more valuable as a soother if three or four handfuls of lettuce-leaves are previously scalded in a jug with boiling water, and this infusion is added to the water in the bath.

If it is winter, or the weather is cold and damp, no child should be taken out of doors for at least four hours after a bath. Young children should always be washed and bathed near a fire.

A baby's head must always be washed, because this will remove the scurf. Crusts of scurf on a child's head can easily

be removed by greasing its head at night; and then next morning, on rubbing the head with a warm cloth and brushing with a soft brush, the crusts will come off without difficulty. Then wash the head.

Never use a hard brush to a baby's head.

*The Clothing* of a baby should be so loose as to allow it to move its arms and legs. A baby must have nothing tight about it. No pins must be used to fasten a baby's clothing; strings are the best. Pins often work loose and scratch the skin, and may thus be the cause of fits. The arms, legs, and shoulders of a baby must be kept covered up, otherwise the infant will be likely to catch cold. I do not believe much in keeping a baby's head in a cap; the head is better kept cool. If, however, the weather is cold and damp, and it is thought advisable that the baby should wear a cap, let it be seen that the cap-string which fastens under its jaw is loose, because if the cap got displaced behind, the string would be liable to tighten round its neck.

After a child gets out of long clothes, it may be dressed according to the fancy of the parents; but, whether boy or girl, the legs and arms must be covered. I would advise all wool clothing for children. Let a child have plenty of room in its boots and shoes so that its toes may expand and not be pinched in.

*Sleeping.*—Except when a baby is having the breast, it should sleep in a cot at the side of the mother's bed. It is unhealthy for a baby to sleep with its parents. I do not approve of rocking cradles. A baby should be laid to sleep on one side, and sometimes on one side and sometimes on the other. It should not be allowed to sleep either in the arms or on the lap. It should be placed awake in its cot and allowed to get to sleep there. This method will get the baby into good habits. If it cries, never mind it; it will soon learn to sleep without having to depend on rocking and nursing. When a baby has once got off to sleep do not awake it, although there is no need to have absolute silence in the house, for children soon learn to sleep even when the mother is busy about her household duties. A young child should never be kept up late at night. It should be always in its cot by six or seven o'clock. Fond parents are in the habit of bringing their infants down to show to friends late at night. This is a practice injurious to the child's health, and very likely to upset its nervous system.

Unless a doctor advises it, no "sleeping medicines" must be given to a child. Many a baby has been killed by soothing

medicines. Neither must gin be given. Get a baby to take its sleep at regular hours, and rarely will other means be required to procure rest.

*Air and Exercise.*—Plenty of fresh air is necessary for a baby. The room should be ventilated in the manner described in Chapter II. During the first week of a baby's life, however, the room in which it is should be kept rather warm. The head of the cot should be turned towards the window, as too strong light, for the first week or two, is bad for the baby's eyes.

In fine weather a baby should be taken out for an hour in the morning, and for the same time in the afternoon. In winter a baby must not be taken out of doors before it is fifteen days old. After fifteen days from birth a baby may be taken out in any weather but foggy and rainy, as long as it is well wrapped up. It should have on long woollen stockings, and warm woollen gloves. If the sun is hot, its head must be protected. Children sleep better for being out in the air. In fact, sun and air are necessary to keep children in good health. Babies must not be taken out after sunset.

Children must not be encouraged to walk too soon, otherwise they will become bow-legged. Let a baby have plenty of room in its clothes to move about its arms and legs. About the sixth month it can be put on the floor, on a carpet, and allowed to roll and creep about. It will begin to get on its legs by degrees, by taking hold of furniture.

Many mothers frighten themselves, needlessly, concerning the opening in the baby's head through which they can feel and sometimes see the pulsations of the brain. Now this opening, to which I refer, is called the *anterior fontanelle*, and it remains open till the first or second year. A *fontanelle* is a space between the bones of the scalp, which space in infancy is covered with membrane instead of bone, as in the adult.

I should like to say a few words concerning some common complaints to which infants are subject, and to give some homely remedies for the same.

If a child is born *premature*, or before its time, it is very weak and has little heat in its body. It must therefore be kept very warm: in fact, it is best to put it to bed at once in its mother's arms. The room should be kept warm.

*Thrush* must be treated by rubbing the white spots inside its mouth with borax mixed with honey. This disease always arises from the child's food disagreeing with it. If the thrush comes out at the bowel between the buttocks, the doctor must be consulted.



*Tongue-tie* often prevents the baby from sucking. Ask the doctor to cut the tie at once. He can do so with a pair of scissors made for the purpose.

The navel-string dries and falls off in a few days. If the raw spot which is left becomes inflamed, and matter oozes from it, it should be washed two or three times daily with a lotion containing a teaspoonful of Condyl's Fluid to a tumbler of cold water.

If a child is born with a *navus* or *mother's mark*, which consists of veins growing close together under the skin, the sooner the doctor is allowed to operate on it the better.

*Costive bowels* in a baby require half a tea-spoonful of "tasteless" castor oil. As much flowers or milk of sulphur as can be piled on a sixpence will make a good purgative for a baby. The sulphur should be mixed with treacle. A young child's bowels should be moved at least once a day. For older children the best purgative is the Chanteaud Seidlitz, about half a tea-spoonful in milk every morning as long as required. Chanteaud dosimetric granules of Jalapine are extremely useful in costiveness of babies. Two granules, three times a day, crushed up in a tea-spoonful of sweetened water, will often act better than even big doses of castor oil.

If the baby's bowels are not moved two days after birth, it will be as well to ask the doctor to examine the anus or opening of the bowel. It sometimes happens that a baby is born with the anus closed or *imperforate*, and unless an operation is performed its life is liable to be lost.

For *diarrhœa* or *green stools*—generally arising from errors in diet—it is best to consult a medical man. If the mother is suckling the baby, let her see that her own diet is not at fault. She must avoid pickles and vinegar. A grain of phosphate of lime, two or three times daily, in a tea-spoonful of milk, will often check infantile diarrhœa. The El Teb Ivory Co.'s Phosphatic Milk Jelly, taken regularly, would in most cases prevent diarrhœa.

If a baby *vomits*, the probability is that its stomach has been overloaded. It must, therefore, be allowed less milk at a time. Here, again, phosphate of lime does good.

Babies may cry from two causes—either because they are in pain or because they are hungry. If a baby is hungry it will suck at anything presented to its mouth, and it is soothed as soon as it is put to the breast or feeding-bottle. If, however, it is in pain, its face is drawn, and it refuses the breast or bottle. Pain often arises from *colic* or *wind* in its stomach

or bowels. A tea-spoonful of dill water or carraway water, given occasionally, usually relieves it. A baby, too, may cry from thirst, as mentioned above.

I may here mention that corn-flour and arrowroot should not be given to a baby, because they contain *starch*, and a baby under a year old can digest nothing which has starch in it. Diarrhœa, vomiting, rickets, etc., nearly always arise from bad feeding of babies.

*Fits, croup, measles, scarlet-fever, chicken-pox*, and other complaints all require the doctor's assistance. Delay is dangerous. In fits and croup, a warm bath should be resorted to whilst a messenger is sent off for the medical man. Measles, scarlet-fever, chicken-pox, etc., always begin with fever. In these cases sponge the child with luke-warm water, all over, in front of the fire, and put it to bed. Keep in the house a tube or two of Chanteaud's Veratrine granules, and, if the child is hot and feverish, give one granule every half-hour till the doctor comes. It should be remembered that these fevers are infectious. Children attacked must be kept in the house six weeks. If they go out before, they will give the disease to others, besides running risk of inflammation and dropsy in themselves.

*Skin diseases* may nearly always be avoided if a baby is kept clean, is properly fed, and has plenty of fresh air. If there is *scald head*, get it cured, or it will spread. If the scalp inflames and matters (eczema), buy some of Little's Soluble Phenyle at the chemist's, and mix a tea-spoonful of it with a pint of cold water, and sponge the head with the lotion so made every night and morning. Ichthyol ointment (weak) is also useful in eczema of the scalp, so also is Lanoline, the new fat extracted from wool. Skin diseases in young children should always be attended to, as the irritation they set up, by inducing fever and preventing sleep, will in course of time undermine the health. A reliable doctor should always be consulted.

*Teething*.—A baby begins to cut its teeth at about the seventh month, and completes the cutting in about two years. The teeth in the lower jaw precede those in the upper jaw by a short time. A baby cuts twenty teeth in all—ten in each jaw. These teeth are called the *milk-teeth*. When a baby is teething it should have an india-rubber teething-pad to bite. The gums should be rubbed frequently with the finger dipped in treacle or honey. Avoid "teething powders," but keep the

baby's bowels open daily. If it is feverish or convulsed, send for the doctor.

A baby must be registered within six weeks from birth. If this is neglected there is a fine.

Vaccination must be performed within three months from birth. The doctor should be asked to use calf-lymph. It can be easily got now, and there is no danger to the child's health from its use. A mother should not listen to all that the well-meaning but mistaken anti-vaccinators tell her. If her child gets small-pox from neglect of vaccination, the anti-vaccinators will do nothing for her. Clever men have shown that vaccination is useful; therefore all parents should see that their babies are vaccinated and guarded from small-pox.

It may be well to mention in this chapter a practice which some nurses have of squeezing the nipples of female children as soon as born. They do this to "break the nipple-strings," as they say. Now this is a cruel and useless practice, and I only refer to it to condemn it. It often leads to severe inflammation of the breasts. No woman is fit to be a nurse who tortures a baby in such a senseless fashion.



## CHAPTER VI.

ON SOME COMPLAINTS OF CHILD-BEARING, AND THEIR TREATMENT.

SOME women, if they bear children too rapidly, suffer from various disorders of the health. In this chapter I propose to point out those affections, and to show how they should be treated if they arise.

*Anæmia, or poorness of the blood.*—A woman who has had babies quickly following each other, or who has suckled her children too long, often gets into a very bad state of health. Her blood becomes poor and watery, and is deficient in certain elements which are necessary to keep it in good condition.

A woman suffering from anæmia has a pale and pasty appearance of countenance; her lips are white, having lost their rose-bud color; her blood circulates feebly, and she feels chilly even on a warm day; her appetite is poor; the least exertion causes her heart to palpitate violently; she has bad attacks of headache; she soon feels wearied; her mind becomes depressed, and she loses all interest in her household duties.

This condition of ill-health, if allowed to proceed unchecked, will so truly undermine the constitution that each succeeding pregnancy will make matters worse; and the impregnations, instead of resulting in full-time labors, will mostly terminate in premature confinements or in miscarriages, which, with the floodings so produced, will increase the debility to a very great extent, and leave the poor mother a wreck of her former self, and make her neither fit to perform the duties of a wife nor to become the mother of healthy children. In the poor broken-down woman of thirty prematurely old, few will be able to recognise the young, fair and happy bride who but a few short years before passed on her husband's arm from the altar, to begin a new life which appeared to her gaze to be all sunshine and domestic bliss.

Many cases of anæmia lead in course of time to decline or consumption, or may terminate in ulcer of the stomach. A woman who is suffering from this excessive poorness of blood is very apt to be attacked by any disease which is going about, and such disease would assume a low type, and she would be a long time in recovering from it.

I have found females, pregnant towards middle life, suffer from what is called pernicious or progressive anæmia. In this form of blood-poverty there is not only ulceration of the stomach, but the sufferer has also severe attacks of bleeding from either the nose, bowels, or womb, attended by fever and profound exhaustion. This variety of anæmia nearly always gets worse, and ends in death—a sad termination to a life devoted to child-bearing.

Now, what is the best treatment for the above condition of health? In plain words, when a young woman finds that her health is becoming bad she must give over having children for some time, until her constitution is thoroughly built up again. She must also avoid too frequent sexual connection. Of course a little may be beneficial. She must have plenty of fresh air, good light, and out-door exercise, and must get to bed early and have plenty of sound sleep. If she can afford it, a trip to the sea-side for several weeks will do her much good. A residence in the country, with cheerful friends, is beneficial. She must keep her mind free from all care as far as possible.

Her diet must be nutritious. She must take plenty of fresh butcher's meat (beef or mutton), and have it rather underdone. Milk, fresh eggs and butter, form essential articles of diet in anæmia. Ale and stout had better be avoided; so also had tea and coffee. Cocoa is the best drink. Du Morry's Malto-

Phosphatic Food should be taken with each meal. Edwards' Desiccated Soup is also extremely nourishing.

The bowels must be kept regular. The best aperient in these cases is a pill of aloes with myrrh, taken every night at bed time, or a table-spoonful of compound liquorice powder, mixed with water or milk.

Iron, in one form or the other, should be taken daily for a long time. A grain or two of reduced iron three times a day, is a capital preparation. So also is Chanteaud's Soluble Oxide of Iron, of which about thirty drops should be taken on a lump of sugar three times a day. A tea-spoonful of Fellows' Syrup, taken in a wineglassful of cold water at meal times, is an extremely valuable remedy. All iron preparations must be taken at meal times. In some cases Cod Liver Oil does good; also Maltine. A good Malt Extract is that prepared by the Paterson's Chemical Manufacturing Co., Glasgow, and sold in bottles at 1s. and 2s.

For those who can afford the luxury, tricycle-riding, not prolonged until fatigued, is a valuable form of out-door exercise. It calls most of the muscles into play, increases the breathing powers, strengthens circulation, improves the appetite, stimulates and pleases the mind, promotes the action of the skin, and causes sleep. It is better than either carriage or horse exercise, and is not nearly so costly. A woman who takes this exercise must, however, wear wool clothing. Next to tricycle-riding, brisk walking is the best.

If the above means do not quickly restore health, the advice of a doctor must be obtained, so as to prevent the anæmia from becoming pernicious.

*Severe Neuralgia* is often suffered on and off for long periods, as a consequence of frequent pregnancies and prolonged suckling. This neuralgia, if it becomes chronic, is very difficult to cure. It may assume a variety of forms, and may attack almost any part of the body. It usually, however, is situated about the temple and eye, and is then called *tic doloieux*, and is extremely violent in character, the pain being compared to a nail being driven in at one or more spots. Some females suffering from poorness of blood have very severe neuralgia about the breast-bone, and others will have it under the form of *sciatica* in the thigh. I have known many women who have been pulled down with rapid pregnancies suffer from the various forms of neuralgia for months at a time, until their nervous systems were thoroughly reduced.

It is best in such cases to obtain medical advice. Still, for

the benefit of those who live far from a doctor, I will point out a few remedies which may avail to bring about a relief or cure.

It is nearly always useless to have teeth extracted for neuralgia arising from the cause stated. The best results are obtained from keeping the bowels regular, taking nourishing food, and especially plenty of cream, if it can be got, and having fresh air and exercise. The following pill, which can be made at most good chemists, should be taken three times a day, directly after meals:—

Phosphide of Zinc, grain  $\frac{1}{2}$ .

Arsenious Acid, grain  $\frac{1}{24}$ .

Sulphate of Strychnine, grain  $\frac{1}{32}$ .

Reduced Iron, grains 3. Mix, and make one pill.

Cod-Liver Oil and Malt Extract may be taken with advantage; but sleeping medicines must on no account be resorted to without a medical man's advice. The same holds good of all alcoholic stimulants, which in most cases should be avoided. Here again a woman should wean if suckling, and should also avoid becoming pregnant until her health is restored.

Varicose veins and dropsy of the legs, also ulcers of the legs, are nearly all occurrences to be traced to drainage from and exhaustion of the woman's system, from having children too fast, or from suckling too long.

Varicose veins in the legs should be supported by wearing an elastic bandage or stocking. Ulcer of the ankle, or lower part of the leg, if but small, can sometimes be cured by applying zinc ointment, spread on soft linen rag, to the sore, and bandaging the leg. Rest on the sofa, or with the legs placed on a chair, will greatly assist recovery. The bowels must be kept regular, and the diet should be nourishing. Plenty of water-cress should be eaten daily. Pepper, mustard and seasonings must be avoided. I should recommend, for ulcer of the leg arising from the causes named above, a grain of phosphate of lime at meal times.

*Hysterical Fits* are very frequent in women whose blood has become poor, or whose nerves have been weakened. A woman affected with one of these fits will commence with a curious feeling of a ball rising in her throat. She will burst out laughing, sobbing, sighing, moaning, and talking wildly. If the fit is bad she may have convulsions, and to the bystanders may appear to be in a very dangerous condition. If these attacks are not checked, they may become an every-day occurrence, and lead to extreme family unhappiness, and even terminate in a kind of insanity.

Now a woman should try and control her mind, so as not to give way to these attacks. She should try and restore strength to the body and richness to the blood, by fresh air, good diet, and cheerful company. She should take one of the forms of iron mentioned for anæmia, should keep her bowels regular with an aloes and myrrh pill, and should be very careful to have only a moderate amount of sexual connection. If she feels an attack coming on, the best thing she can do is to sponge her face with a little cold water, and take thirty drops of tincture of Valerian in a little water.

*Epileptic fits* may sometimes be induced as a consequence of the irritations to which the nervous system has been exposed, and by the anæmic condition too frequent pregnancies produce. If once epileptic fits are set up, one never knows when a woman will be free from them. She may have occasional fits for years. Every fit, too, has a tendency to weaken the intellect. Women who suckle for eighteen months or two years often come on with various nervous disorders, and if they become pregnant while suckling, they are apt to sink into a very low state of both mind and body. A woman who has had one fit must put herself in the doctor's hands without delay. She must be careful to keep her bowels regular, and not to eat anything which may cause indigestion or promote the formation of wind in the stomach and bowels.

*Falling of the womb.*—This affection, which is sometimes called *prolapse of the womb*, is generally brought on by having many children, and also by getting up too soon after confinements. The womb sinks down in the vagina, and, in some bad cases, even comes out at the external genitals. It is when the woman is up and walking about that the womb comes down; when she is laid in bed or on the sofa it usually (unless it is a very bad case) stays up in its proper position. Falling of the womb gives great discomfort; and makes a woman fit for very little exertion. Even straining at the closet will bring it down. It is caused by weakening and relaxation of the ligaments that support the womb, and also by a relaxed condition of the vagina itself. No woman should get up after her confinement under eight or ten days. It is a pity to cripple herself for life for the sake of an extra day or two in bed. This especially holds good in women who have had several children. The parts are here so relaxed and limp that at least a fortnight in bed and another week on the sofa should be obtained if possible.

A woman who suffers from prolapse should syringe the

vagina out night and morning with an injection formed by dissolving a teaspoonful of alum or of sulphate of zinc in a pint and a half of cold water. A Higginson's syringe or a hydrostatic douche are the best forms of syringe to use for this purpose. A full stream of injection must be thrown up into the vagina. She must keep her bowels regular, either with Chanteaud Seidlitz or sulphur. If in spite of the constant use of injection the womb still falls, it will be better for the woman to consult a doctor, who will probably order her to wear a "pessary," which he will provide her with or order her to get. Women who get worse, in the above respect, with the birth of each child, must keep from having children till the parts recover their proper strength.

*White leg.*—This is a very bad result of lying in. It is caused by a certain condition of the blood. A clot of blood forms in the large vein which passes up the front of the thigh into the body. There are some women who are very liable to this complaint, and if a woman has had it in one pregnancy or lying-in she is almost sure to have it in each following one. The left leg is usually attacked. Sometimes both legs will be affected at once, but this is not usual. The disease may, however, pass from one leg to the other.

White leg begins with fever. The woman shivers, her skin is hot and dry; she has headache, rapid pulse, and pain. Her leg is hot and often very painful. The pain may begin in the calf, and spread up the leg and thigh into the body, or it may commence in the body and spread down the thigh and leg into the calf.

Swelling now comes on in the part where the pain is. If the whole leg is affected it may swell up in a few hours to double its ordinary size. The veins of the leg feel like cords, and, when touched, are very tender, and the skin covering them is red. There is a peculiarity in the swelling of white leg, in that the skin is white, tight, and shines. When the leg is pressed with the finger it feels firm, hard, and resisting, almost like a piece of cold marble. The veins are full of clotted blood, and are much inflamed. Sometimes the glands in the groin swell, matter forms in them, and they burst.

The woman feels very ill. Her tongue is white and thick with fur; her bowels are very costive, and she suffers from burning thirst. If matters are favorable the symptoms pass off in from a few days to a fortnight or more, and nothing remains but the swelling of the leg. Now, it may take many months before the leg gets to its usual size and state again. It remains hard and resisting to the touch for a long time.



The above condition of leg is generally produced by getting up and about too early after the confinement, or by exposure to cold. Hence, I need not warn a woman to keep in bed eight or nine days after delivery. A woman who has once suffered from white leg would do wisely to avoid having any more children, as the disease would be apt to return after each confinement.

The treatment should be left in the hands of the doctor. The leg can be made more comfortable by supporting it in an easy position, and wrapping it round with cotton-wool wadding. If there is much pain the cotton-wool should be sprinkled with laudanum. When the woman gets about, much relief will be obtained, and the leg supported and reduced in size, by wearing all day one of Martin's "pure rubber bandages."

A woman suffering from white leg may die suddenly if a clot of blood is detached from the blocked vein, and is carried either to the heart or lungs. Many women, who to all appearance are going on well, die suddenly from a few days to a fortnight after delivery. If there is hurried breathing, and difficulty in obtaining breath, and the countenance is pale and death-like, and the pulse is very weak, in all probability a clot has formed in the heart. If a clot has been carried into one of the blood-vessels of the lungs, the symptoms are even more sudden. Without a moment's warning, the woman gasps for breath, her face becomes a purple hue, she struggles to get air into her lungs, and falls back dead in a few minutes.

Treatment is nearly useless, the patient usually being dead long before the doctor can arrive. All that can be done is to give every few minutes, if the woman can swallow, twenty drops of *sal volatile* in a teaspoonful of water. Perhaps an injection under the skin of *sal volatile* might be efficacious.

I may here repeat that if a woman has once suffered from any disease or affection either during pregnancy or at the time of labor, or in the first three weeks after delivery, which affection is produced by these conditions, she should be very careful not to have any more children. Some women, when they are confined, only barely escape with their lives, and are left weak and ill for many months afterwards. Some have fits, some severe floodings, some insanity, and some extreme prostration after each delivery. There are women who can never bear living children, and who are in extreme danger of their lives at the time of labor, on account of there being some narrowing of the bony canal through which the child has to pass during labor, the consequence being that the child has to

be brought away in pieces, or has to be delivered either by turning or by the forceps. In fact, cases are met with nearly every day by doctors in which women should try and prevent themselves becoming pregnant if they wish to escape dangers to life and health. How often do we hear of the advice given by a medical man to a woman: "You must not fall in the family-way again for at least two or three years;" or, "If you value your life you must not have another baby." Yet how seldom are any rules laid down to guide women in this matter. All is left to blind chance or to abstinence from sexual connection. Full information on this latter subject is given in the next chapter, the careful reading of which I would strongly advise both to wife and husband.

I would like every woman to understand the law with regard to the crime of procuring miscarriage. I will quote from the tenth edition of Taylor's *Medical Jurisprudence*, remarking, at the same time, that I agree with the law. "In the statute for the consolidation of the criminal law (24 and 25 Vict. chap. 100, secs. 58 and 59), the nature of this crime, and the medical proofs required to establish it, have been more explicitly stated than in former Acts. By clause 58 (on attempts to procure abortion) it is enacted that 'Every woman *being with child*, who, with intent to procure her own miscarriage, shall unlawfully administer to herself any poison or other noxious thing, or shall unlawfully use any instrument or other means whatsoever with like intent, and whosoever, with intent to procure the miscarriage of any woman, *whether she be or be not with child*, shall unlawfully administer, etc., shall be guilty of felony.' The proposed new Criminal Code contains similar provisions regarding this crime, but it assigns a punishment of penal servitude for life, on any woman who is guilty of using means for procuring abortion on herself, and, further, a punishment of penal servitude for five years on anyone who unlawfully supplies or procures any poison or other noxious thing, or any instrument or thing whatsoever, knowing that the same is intended to be unlawfully used, or employed with intent to procure the miscarriage of any woman, whether she be or be not with child, and whether she be or be not aware of such an intention." The procuring of abortion is far too common, and is a crime which deserves the heaviest punishment. It is a sin against the life unborn—in fact, it is *murder* of the child in the womb, which child has a right to live. Those who live by abortion-procuring are knaves who should be hunted out of all civilised and decent society.

## CHAPTER VII.

## HOW TO PREVENT CONCEPTION WHEN ADVISED BY THE DOCTOR.

(1). DR. GIOVANNI TARI, a physician of Naples, was informed by a certain Italian priest that the poor women in Italy prevented conception from taking place, by sitting up in bed directly after connection, and coughing. The act of coughing expelled the semen (male fluid) from the vagina. Dr. Tari is of opinion that this simple method would answer in most cases. I do not, however, see how all the semen can be expelled, because the vagina has ridges in it, and the semen lodges in the ridges; and coughing, however violent, could not entirely dislodge it.\*

(2). The adoption of a certain order in sexual intercourse is often successful in preventing conception. Connection should be avoided from five days before the monthly flow till eight days after it. I am bound, however, to point out that this method fails in about five cases in every hundred. It is a method, notwithstanding, strongly recommended by Dr. William Hitchman, of Liverpool, who advocates it in every case.

(3). The "withdrawal" of the penis (male organ) before the ejection takes place is largely practised in France. This method (if withdrawal is complete before discharge takes place) is always successful. I believe, however, that the practice of withdrawal is hurtful to the nervous system in many persons, therefore I cannot strongly recommend this means of preventing conception. This method is, however, advocated by many eminent physicians.

(4). The use by the woman of an injection into the vagina immediately after connection is strongly recommended by many. The best solution to inject is one formed by adding a teaspoonful of alum to a pint of cold or tepid water. This solution must be injected thoroughly into the vagina by means of a Lambert's Improved Reverse Current Syphon Enema Syringe, fitted with vaginal tube containing vertical and reverse holes. This powerful syringe will wash out most completely every part of the vagina. Lambert's Enema Syringe can be obtained from E. Lambert and Son, 38—44 Mayfield

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\* When a woman is advised by her doctor not to conceive on account of the state of her health, she had better consult him as to which of these methods of prevention would be best in her particular case.

Road, Kingsland, London, N. The vaginal tube is passed up as far as it will go into the vagina, and the solution is thus injected so as to thoroughly wash out the passage. About two pints of solution should be used. Dr. Palfrey's Powder (which consist of sulpho-carbolate of zinc and dried sulphate of zinc, of each one ounce, alum four ounces, in fine powder) may also be used with advantage according to the directions printed on the box containing Lambert's Syringe. The use, however, of the above method necessitates the woman rising from bed, and thus perhaps taking a chill. If, however, she uses an Irrigator (sold by most surgical instrument makers for 10s. 6d.) she can remain in bed. The Irrigator is a kind of can holding about two pints, which is hung against the wall by the woman's side of the bed, at the height of some four feet or more above the level of her head. This can has a long india-rubber tube attached to a hole near its bottom, and at the mouth-piece end of the tube there is a little turn-tap. Before getting into bed the woman fills the can with a solution of alum and water, as recommended above, places a bed-pan and towel on a chair at the side of the bed; and after connection she has but to turn on her back and slip the bed-pan under her; then she inserts the mouth-piece of the india-rubber tube into the vagina as far as possible, turns the tap, and the alum solution flows in and out again without causing any wetting or trouble. The flow may be made either gentle or strong, according to the height at which the can is hung. I have know a great many cases, however, where injections as used above have failed in preventing conception. I believe, however, that if a quinine solution was used in place of an alum one, conception would be impossible. The strength of the quinine solution should be 20 grains to the pint of cold water. The objection would be the expense. If Messrs. Lambert would supply an Irrigator fitted with their vaginal tube containing both vertical and reverse tubes, I am persuaded fewer cases of failure would result from the use of injections.\* Simple injections of cold water *only* often fail to prevent conception, and may even, in some cases, cause conception to take place by more thoroughly diluting the too thick semen. The thorough syringing-out of the vagina with vinegar and cold water (one part vinegar to six water), directly after connection, will in many cases prevent conception. It is a method, too, which has the advantage of being cheap.

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\* Messrs. Lambert now manufacture such an irrigator.

(5). A very soft piece of sponge soaked in tepid water, or, better still, in a solution of quinine of the strength recommended as above, might be inserted into the vagina, high up, before having connection. In order to withdraw the sponge easily, there should be a piece of string or ribbon attached to it. This check to conception, especially when the sponge is soaked in quinine solution, is mostly successful, although I have known failure when the sponge has only been soaked in water. Davies, chemist, 101 and 103 Park Lane, Leeds, can supply properly prepared sponges for the purpose at 1s. each, or two for 1s. 9d.

(6). A very certain check is the "French Letter," which is a kind of sheath, made of thin india-rubber, worn by the husband. Its object is to prevent the semen from being discharged into the vagina. If the "French Letter" has the least hole in it some semen may escape, and conception take place. Reliable "French Letters" may be bought at most respectable chemists and surgical instrument makers.\*

(7). Dr. Mensinga, of Flensburg, has invented a preventive pessary, to be worn by the woman, which I believe will, when properly adjusted, be a real preventive of conception. This pessary is made in three sizes, and may be obtained from R. Vaughan, 33, Caledonian Road, Leeds. The pessary is in shape something like a round dish-cover, the dome portion of which is made of thin, smooth india-rubber, which will collapse with a touch. The rim surrounding the cover portion is made of a ring of thick rubber, which can be squeezed to any shape. The hollow portion of the pessary is intended to cover the neck and mouth of the womb during intercourse, so that no semen may penetrate into the womb. The pessary can, with a little practice, be inserted into the vagina by the woman herself. Of course, when it is in position the hollow portion of the cover looks upwards, and the rim expands and presses equally on all sides of the vagina, thus thoroughly preventing semen passing between. When the pessary is properly inserted there is nothing to interfere with free intercourse. Before removing the pessary in the morning, the woman would do wisely to syringe the vagina with tepid water, or with alum and water, or, better still, with a weak quinine solution (ten grains to the

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\* Dr. Henry Paterson's "Patent Circular Protectors," sold at 5s. per dozen by Constantine and Jackson, 9 and 10 Wych Street, Strand, London, W.C., are perhaps the best and safest form of "Letters" manufactured. Lambert's Malthus specialities are also well made and reliable. Davies, Leeds, is agent for the latter.

pint). The price of each size of this pessary has lately been considerably reduced. In most cases the medium size is best. A Mensinga's Pessary is useful to wear as a support in cases of slight falling of the womb. It should not, however, be worn during the monthly period. My attention has been drawn to the Improved Check Pessary, manufactured by Messrs. E. Lambert and Son, 38—44 Mayfield Road, Kingsland, London. This pessary can be used by the woman "without inconvenience or knowledge of the husband." With care it will last a long time, and can be easily affixed so as to cover the mouth of the womb, and it can be removed without difficulty. It is on the same principle as Mensinga's Pessary, but has this advantage, it can be used either alone, or can be made more certain in action by putting, in the hollow part of it a compound composed of vaseline, cocoa-nut butter, and quinine. The pessaries are sold at 2s. 3d. each post free.

(8). Mr. W. J. Rendell, Chemist, 26 Great Bath Street, Farringdon Road, London, E.C., has invented some quinine pessaries which dissolve. They are sold at 2s. per dozen. One of these pessaries should be pushed high up into the vagina about a quarter of an hour before having connection, when the quinine contained in it will be partly dissolved out; and when the semen is discharged into the vagina during intercourse, the quinine, coming into contact with the active parts of the semen, destroys their activity at once, so preventing conception. There is nothing but quinine and cocoa-nut butter in these pessaries, consequently nothing to irritate either the woman's vagina or the male organ. It is but right to say that these pessaries are at present only on trial. Time will show whether they can be relied upon to prevent conception. My opinion is that they will do all their inventor claims for them.

(9). A kind of artificial sponge or vaginal Tampon, containing in its centre a friable capsule filled with slightly acidulated quinine solution, would, I believe, make a very good and cheap preventive. All that the woman would have to do before intercourse would be to take one of the Tampons, and squeeze it, which would break the capsule, setting free the solution, which would then permeate the whole sponge. She would then insert it into the vagina as far as possible. It would be better to have a string attached, so as to be able to withdraw it easily. If these Tampons were made in large numbers they would have a ready sale.

(10). The taking of arsenic and other drugs in small doses daily, to lessen male sexual vigor and thus produce impotence,

is recommended by some. It is quite true that arsenic will by degrees render a man incapable of begetting children, but only at the cost of often irreparable ill-health. I name this method only to condemn it strongly. Arsenic (in fact any drug), taken regularly, will in course of time shatter the most robust constitution.\*



## CHAPTER VIII.

### MENSTRUATION—CHANGE OF LIFE—HINTS ON MARRIAGE.

By *menstruation* is meant the periodical discharge of blood from the genital parts, and which has its source in the walls of the womb. The appearance for the first time in the young girl of this discharge shows that she has arrived at the period of puberty.

A great change takes place in the girl at the time that puberty commences. She changes both in outward aspect and in moral feelings. The parts above the genitals become covered with hair; the pelvis, or basin-like bony cavity which forms the bottom part of the trunk, enlarges in size in every direction, and assumes that shape which is peculiar to women; the breasts become developed; the limbs and body become more rounded in all their outlines, and the girl assumes more of the appearance of a woman in all her parts.

A great change may also be noted in the young girl's demeanour: she becomes more timid and embarrassed; she often likes to be alone, and becomes sad and serious, where before she was all life and gaiety. Her voice also alters, and assumes a softer and more womanly tone.

Now is the time for the mother to talk to her young daughter concerning the physical change which is coming over her. She should tell her what is likely to happen, and point out to her how nature works to develop the female form. Good sound advice from a loving and intelligent parent at this period of her child's life will do much to prevent after mischief and danger, and may possibly be the means of saving her from much evil. Girls should be encouraged to talk to their mothers or female guardians about the little troubles which beset them at this

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period. How often have I known girls, kept too innocent of all that concerns themselves, terrified at the sweeping changes which take place in the system at the commencement of this first eventful period. It is both cruel and absurd to keep a girl ignorant of the laws which control her being.

The first monthly discharge is usually preceded by (to the young girl) curious and new symptoms. She feels tired, there is a sensation of swelling and tightness in the lower parts of the body, there is pain in the loins and at the bottom of the back, the genital parts swell and itch, and the breasts swell and are painful. The girl feels feverish and excited, and possibly may have attacks of hysteria. She may be nervous to a degree. After these symptoms have lasted from five to eight days, a discharge like "whites" takes place, which gradually becomes pure blood. All the above symptoms now usually vanish. The discharge continues for a few days, and then disappears by degrees. In most girls it will then regularly appear every twenty-eight or thirty days. The usual age for the first menstruation is from fourteen to fifteen years.

In some girls the discharge may appear suddenly without any warning, and, if they have not been previously warned, they may be very much alarmed.

There are cases, which it is well to mention here, in which young girls present all the disturbances of general health mentioned above, without there being the least discharge. The body may swell to a considerable size, even so much so as to cause unkind people to make remarks. Now this condition often depends upon the *hymen*, or membrane, which is placed in front of the opening of the vaginal passage, covering the opening *completely*, so that the discharge cannot escape, and which thus collects in the vagina and womb. This condition of things can only be remedied by cutting through the membrane with a lancet, an operation which should only be performed by a surgeon. Here let me say that, whenever it is necessary for an examination of a young girl to be made, or any operation such as the above to be performed, the girl's mother or some elderly female should remain in the room during the examination. This caution must never be omitted, and it is always proposed by the doctor. The same rule holds good for grown-up women, whether married or single. Whenever an examination is required, a woman should always take a companion with her. Observance of this practice would save much sorrow to both patient and doctor.

In many girls, after the first establishment of the menses,



the flow only takes place at irregular intervals, perhaps once in two, three, or even four months. Now, this condition of things may exist without the general health being much disturbed, and if so there is little ground for alarm. It only arises from a want of tone or strength in the genital organs. As the girl gets older, the flow becomes gradually established in regular succession ; and, even if age does not bring an alteration, the first conjugal embraces usually put all right. In fact, many girls, who are brought to doctors for menstrual irregularities, only require marriage to cure all their disorders. Physic in such cases is of little use, unless it be the wearing of a stem-pessary.

Again, it should be known that some women suffer as much with each monthly flow as they did with the first. The pains and colics may be very severe every time they are unwell. This condition of things may continue till marriage, when the first conjugal embraces, or the birth of the first child, cause the function in future to be performed without pain or distress.

Parents should always encourage their daughters to marry at a suitable age, as many of the irregularities of early female life are cured by marriage. Of course no parent should force his daughter to marry against her will, or to ally herself for life with one whom she cannot love.

Each monthly flow lasts from five to eight or ten days, and the quantity of blood lost may be reckoned at from three to five ounces. In the above matters, however, woman vary very much according to their habits of life, their diet, and the climate in which they live.

As a rule, I have found that a woman can keep all her functions regular, and enjoy good health at the monthly periods, if she will only practise a little common sense. If she lives well, but plainly, avoids cold, is temperate in all things, takes no stimulants, is warmly and suitably clothed, avoids the use of cotton stockings and wears woollen ones instead, and keeps her feet dry, takes regular outdoor exercise between her periods, and avoids over-fatigue when the flow is proceeding, she will go through the menstrual period of life without much suffering. As for the various disorders of menstruation, such as scanty or absent menstruation, profuse menstruation and painful menstruation, green sickness or chlorosis, and whites, these can either be remedied by marriage, or, if married, by proper regulation of all matrimonial functions or duties. If, however, the woman cannot with all her care remedy the above complaints herself, the doctor had better be consulted ; all the remedies advertised to cure female complaints, such as pennyroyal pills,

etc., should be avoided. Tricycling in moderation, for those women who can afford it, will cure many a disorder connected with menstruation.

I should also advise every woman to use "sanitary towels" or "diapers" during the time of the monthly flows. They are healthier and cooler than the old-fashioned napkins. The genitals should be washed with Pears' soap and warm water night and morning. There is nothing like cleanliness at the above periods.

Allow me here to warn young women against the vice of "self-abuse" (far too common). Its indulgence will ruin the health, cause nervous disease, and destroy all taste for healthy matrimonial intercourse, by blunting the finer sexual feelings.

Many young women suffer from spots on the face, called *acne*. This skin disease nearly always arises from some disorder of the monthly functions, and, however bad and obstinate, will in most cases disappear on marriage. It may be kept in check by taking the Chanteaud Seidlitz in the morning, and a granule of Chanteaud's sulphide of calcium six times daily. The face should be washed in hot water night and morning, using Van Lieben's soap. Considering that *acne* in young women nearly always arises from some disorder of the genital organs, it may often be cured or relieved by using, night and morning, a vaginal injection of hot water.

*Change of Life.*—What women call the "change of life" is that epoch in which the menses begin to disappear. Most women continue to have their monthly courses till about the age of forty-five. Some, however, cease to menstruate at forty, and there are a few who continue regular till fifty.

It is extremely rare for a woman to cease to menstruate suddenly. The change of life usually lasts several years, and the cessation of the function is gradual. The most frequent manner in which the change takes place is that the return of the menses is not regular; there may be intervals of two or more months between each flow, each interval getting longer, until finally menstruation ceases entirely. Sometimes the flow may be very scanty, and last but a short time: or the flow may be so profuse as to alarm the woman. Other women may have a discharge all along consisting of a yellowish white mucus, which at the monthly periods becomes more blood-like in character. Such a discharge may remain for years, even after the menses have entirely ceased.

A woman at this period of her life may suffer to a certain extent from feelings of uneasiness; there may be pains in the

back and loins, colic, heat in the face, itching of the genitals, and feeling of chilliness, with a tendency soon to perspire. There need be no alarm concerning the above symptoms, as they gradually pass off in the majority of women. This time of a woman's life is really more free from danger than is supposed. Most of the diseases of the womb, breasts, and other generative organs are more apt to develop themselves before than after the cessation of the menses. Women are no more liable to die between the ages of 40 and 50 than before or after. Many women pass through the change of life with little or no trouble.

I should recommend a woman, when the change commences, to keep her bowels regular, to take outdoor exercise, to wear woollen clothing—especially next the skin—to avoid chills, to keep entirely from all alcoholic drinks, to be sparing in the use of tea, to have as far as possible regular hours, to avoid over-fatigue at the epochs, and to be moderate as regards sexual intercourse. Her diet should be plain. She should take plenty of cooked fruits. She must avoid all cold drinks when heated. A warm bath once a week of an hour's duration, as recommended by Dr. Tilt, would be of service. The bath should be about 95 degrees of heat. Its use promotes free perspiration. To regulate the bowels the daily use of Chanteaud Seidlitz is the best, or, if this preparation cannot be obtained, one or two compound rhubarb pills should be taken occasionally at bedtime, or the compound liquorice powder (a tea-spoonful in milk or water).

Flutterings of the heart, headache, neuralgia, sleeplessness, flushings, perspirations, drowsiness, and hysteria are symptoms which can generally be very soon relieved if a little medical advice is obtained. It is better for a woman not to doctor herself for the above temporary affections if they are severe. Neither should she unduly alarm herself concerning them. If the symptoms are but slight, a teaspoonful of Chanteaud Seidlitz every morning fasting in a tumbler of lukewarm water will, by regulating the bowels and promoting the secretions, usually remove them. If palpitations are severe, twenty drops of tincture of perchloride of iron should be taken three times daily in water directly after meals. To prevent the acid iron from injuring the teeth the mouth should be rinsed out directly after each dose with a weak solution of carbonate of soda. Fellows' Syrup, taken after each meal, is an admirable preparation in all the functional disturbances which accompany the "change." A teaspoonful in a wineglassful of cold

water is the dose. For neuralgia try Tonga, or Miller's cocaine-spray, or a Pulvermacher's Galvanic Band or Belt.

Let me, in concluding this part of my subject, call attention to a remark made by Dr. Kate Mitchell, in a lecture delivered by her in 1884, in reference to the taking of stimulants by women during the change of life: "There is still another period of a woman's life when drink has often a fatal influence over her morals, mind and physique. This is during the *menopause*—in other words, at the change of life. A woman has often to suffer acutely at this time (although in a thoroughly healthy condition this should not be so), and the mental depression, which is a great characteristic symptom of this period, drives her to seek a temporary refuge in strong stimulants and narcotics. It is during this anxious time that the desire for alcohol sweeps over her like a storm, making her lose the control of her reason, and landing her between the four walls of a lunatic asylum." Let every woman at the change of life bear the above remarks in mind, and fight against the feelings of depression, which sooner or later will vanish without the aid of strong drink.

I should like to call the attention of all women who are married, or who are thinking of marriage, to certain facts which it is necessary for them to know.

Before giving her consent to marry, a young woman should make herself acquainted with her future husband's moral character, and his ability to keep her in comfort. She should also be sure that he is free from any contagious disease which can be communicated through sexual relations. Now, I consider that it is the duty of all parents to know something about the health of the man who desires to marry. This point is quite as important—if not more so—as the knowledge of his worldly means. A young woman may be ruined in health for life, and have her innocent offspring diseased, if she is allied to a man who has disease lurking in his system. I refer to what is called *syphilis*. I should like to see it the custom for women or their parents to demand a recent certificate of freedom from syphilis from all men proposing marriage. In this matter, false delicacy should be dropped.\*

A woman should not marry a consumptive man, or one who has insanity in his family. She should never encourage the attentions of a man who is addicted to drink, unless she desires her married life to be a source of unhappiness and misery.

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\* Every young man and woman contemplating marriage should read Fournier's *Syphilis and Marriage*, by Alfred Lingard, M.R.C.S.

She should be sure, too, that he has health to work for a living, or means to keep her in comfort. If his living depends upon a continuance of his health, she must see that he insures his life or joins a sick benefit society. No man has a right to leave his family dependent on the cold charity of the world.

I do not think a girl should marry much before twenty, because, if she has a child, her labor may be attended with more danger before that age than after. Here I may say that a certain law governs the various child-bearing periods in the amount of mortality. In the first period of ten years—namely, from 15 to 25 years of age—the maternal mortality amounts to about 668 in 100,000 childbirths. In the second period, from 25 to 35, the number of deaths is 425 in 100,000. Between the ages of 35 and 45, the mortality is 663 per 100,000; and from 45 to 55 it rises to 813 in the 100,000. We thus perceive that the greater mortality prevails in the first and the two last periods. In the first (from 15 to 25 years of age), because—at any rate during the first five or six years of this period—the mother has not reached the full development of bodily growth; all her bony structure is not fully ossified, and various radical defects and imperfections, which a few years would in most cases remove, are tested for the first time, and found wanting. In the two last periods (35 to 45, and 45 to 55 years of age), the female soft parts suffer from more or less rigidity; and there are uterine inertia, rupture of the womb, floodings, exhaustion, inflammation, and many other evils. The smallest number of deaths occurs from 25 to 35 years of age. During the fifteen years of this time the mortality is the lowest. It is advisable, therefore, that all women should marry as soon after twenty years of age as possible. If they marry *under* twenty, they should defer having children until over that age.

It sometimes happens that the first sexual intercourse causes much bleeding, from the rupture of some of the small vessels. As a rule, this ceases soon, and it need cause no alarm. If, however, the bleeding does not abate, it will be well to soak a piece of sponge in tincture of iron, and apply it to the bleeding surface, keeping it in position till bleeding has stopped. Pressure with the fingers will generally stop all bleeding, if continued long enough. *Ruspini's Styptic* (expensive, however) might form part of the outfit of every bride. It will stop any kind of bleeding.

If intercourse is painful, after the first attempts, there is evidently present what is called *vaginismus*, or spasm of the

vaginal entrance. It will be best to seek surgical relief from this impediment to matrimonial happiness.

Many young people injure their health considerably by indulging in sexual intercourse too freely during the first months of marriage. Moderation should be observed. Too frequent connection is apt to bring on "whites" in a woman, or derange her in her monthly periods. It should be known to every woman that a man is sooner exhausted by excessive indulgence than a woman. He should therefore never be encouraged to have connection unless he desires. Women who marry late in life should indulge less frequently, as excessive sexual intercourse will often be the cause of profuse and exhausting floodings at the menstrual periods.

No woman should permit her husband to have intercourse with her during the time of her menstrual flow. She should also know that a flow of "whites" will cause irritation to the penis of the husband. If she suffers from "whites" she should use alum and water injections night and morning, or, better still, injections of Geddes' Canadian Hemlock Bark Extract (a table-spoonful to a pint of lukewarm water); and permit but little intercourse till she has cured herself.

During connection, both husband and wife should endeavor to be in a happy state of mind. Sexual intercourse is injurious if undertaken when suffering from depression of either mind or body. The wife especially should have happy thoughts when having connection.

Every young woman should have her teeth put into good order before marriage. All cavities in them should be "stopped" by a good dentist. If this is not done, pregnancy will cause toothache and loss of teeth, and, as a further result, indigestion from defective mastication, leading to poor milk for suckling. Be sure that the teeth are brushed with white soap and aired water night and morning. Every young woman must avoid tight-lacing. A slim waist means bad health and a displacement of the internal sexual organs. If those are put out of place no woman can bear a child without great suffering and danger.

The above are cautions which every married woman should observe. Little is known on these matters by the majority of women, hence I have been led to refer to them here. The whole of this book has been written to give information to women at the most critical periods of their lives; and I trust that the various rules and indications laid down may be the means of making every woman's life healthier, happier, and more enjoyable.

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